THE FAMILY HERALD COOK-BOOK



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The Family Herald COOK BOOK



Household Science
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INTRODUCTION

IN ISSUING this book THE FAMILY HERALD AND WEEKLY STAR has kept in view the importance of simple and wholesome cookery, and the needs of the farm kitchen. Much of the material used is the valued contribution of our women readers, a collection of which, of wide range and extending over a number of years, has been made by "Housewife," of THE FAMILY HERALD Editorial staff, who recognized the value of the economical and nutritious cookery practised by experienced farm housekeepers. Added to these practical recipes are chapters setting forth the fundamental principles of various branches of cookery, in which cooks, experienced and inexperienced alike, may find guidance. This part of the book is the work of a skilled domestic science graduate, ensuring complete reliability. Illustrated pages give glimpses of what is new in household departments of shops far removed from some of our readers. And, as a tribute to the great army of women whose faithful home work is embodied here, there have been kindly supplied to us "Favorite Recipes" by a number of Canada's women of note. To all our contributors we extend our warm thanks.

Publishers

THE FAMILY HERALD AND WEEKLY STAR

MONTREAL

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KITCHEN EQUIPMENT

UP-TO-DATE UTENSILS

If one's roof-tree marks a real home instead of a mere house, if one's boys and girls are to love home better than any spot on earth, the centre and circumference of that home will be in its kitchen. Not because the chief thought of the family concerns itself with eating and drinking, and not because mother lives in the kitchen and knows nothing of what transpires beyond its four walls. Quite the contrary! The kitchen that is the centre and circumference of the home is the kitchen that is equipped for easy performance of the almost endless and always exacting tasks that belong to the catering end of home-making. Everything connected with that must be planned wisely and performed efficiently. Neither of these things can happen if the kitchen lay-out and equipment is below the standard in essentials. It is as bad to have too much as too little, and nothing but the most careful checking up on outlay of time, material, and nerve force as against results, will secure the happy medium.

It would be difficult indeed to find a house that is free from built-in mistakes. But very few of those mistakes are past remodeling into built-in joys. This is especially true of the kitchen. A window over a stove is well-nigh hopeless, but a window where the work-table stands is not at all beyond accomplishment, and will prove a powerful factor in getting mother out of the kitchen in something like union hours. She can work faster and better if she can look out upon the world and its suggestive aspects. She can hold onto her individuality much more easily by looking out of the window than by staring at a blank wall. It is an easy matter to make a rack on which pans may rest, if one's sink is too low. Or, if it is too high for comfort in working, a narrow platform can be arranged before the sink as a permanent improvement. When possible, a change in the plumbing is not too great a price to pay for the home-maker's physical comfort and her heart's ease.

Another built-in failure in many houses is the storage space. Cupboards with shelves to the ceiling are an abomination—as the shelves themselves prove, with their loads of odds and ends that might possibly take on an extra lease of life if mended, but which will never be mended because they are out of sight and out of reach. How much better to arrange one's shelves as one arranges shelves in a library—waist high only and extending along the wall horizontally. Experience teaches every home-

maker that every kitchen needs three kinds of storage space—open shelves, shelves with doors, and chests of drawers of various depths. There must be drawers that pull in and out easily, drawers that cannot be overloaded so that they sag and sulk when used, or so deep that they become "catch all's" instead of neat and useful storage places. Utensils that are used every day and many times a day, should be stored on unenclosed shelves and these should be within easy reach of stove, sink, and work table. Utensils that are large and are used frequently, like roasters and bread mixers, should be stored on shelves enclosed by doors. The dresser might well be divided into two compartments. In one side goes the frequently-used utensils, in the other those used semi-occasionally—like molds for various purposes, casseroles, and one's choicest utensils. Cereals, sugar, spices, and the various package foods, should be stored together.

There are two things which the handy man, or that other treasure, the handy boy, could make in order to bring the home kitchen nearer the hundred per cent. mark for efficiency. One is a work-table on castors. Make it about five feet long and not more than three feet wide. Light-weight wood is preferable. Fit a shelf into the lower part about a foot from the floor and fasten firmly into the stout legs of the table. Round the edges of both top and table and then cover with best quality smooth zinc tacked well to the under side. Hot pans may be placed directly on the table, the utensils used most frequently may be stored on the shelf, and the zinc is easily cleaned and always beautifully bright. Two drawers for holding knives, cooking forks and spoons, cork-screw, meat forks, and basting spoons, will add to the usefulness of this table, but it is better to make no permanent divisions. Shallow paste-board boxes are more satisfactory and easily cleaned and renewed as well as readjusted. Another arrangement of shelves is patterned after the compact book shelves that revolve on a four-footed base. The often-used utensils can be stored in this way beside the table.

CHOOSING EQUIPMENT

Many "white elephants" find their way into kitchen cupboards. Acting on one's experience is, in some cases, impossible when it comes to eliminating these irritating or useless possessions. However, when purchasing new equipment, one may think twice and choose more wisely. For instance, take sauce-pans that have absolutely flat bottoms and, what is equally important, choose those with bottoms whose diameter is at least three-fourths the diameter of the top. Choose things that "nest" easily. It is possible to have a fine assortment of cups, vegetable dishes, baking pans, pots and pans, that "nest" and save space in storing. The same applies to cups for table use. These may

be stored to advantage, when nesting is impossible, by hanging on screw hooks from the under side of the shelf just above.

Another point to consider when buying new equipment is the handles of pans. Some are cast in one with the pan, some are heavily welded onto the pan, some are riveted, some are exceedingly flimsy, some are stout and rounded and easily grasped. Some are fitted with rings for hanging, some have no provision. It pays to buy a handle that will last as long as the pan lasts.

Covers are another important thing—always necessary but too often of little use because of lost handles. Some knobs and handles are welded on to the cover and others are attached by means of nuts. Some are of metal and require a holder when being lifted; others are of wood and are non-conductors, therefore require no holder. It is also well to keep one's self informed as to what the market affords in the way of adjustable repairs for various utensils.

ILLUSTRATED EQUIPMENT

Certain pages are devoted to illustrations of various helpful things in the way of time and labor-saving utensils for the housewife. Many favorite and old-time articles are omitted because so well known. In illustration facing page 32 is something which bears directly on what has just been said on covers for stew pans. The card of knobs and nuts in assorted sizes would delight the heart of any woman who makes it a point to keep her equipment up to the efficiency mark, and has an emergency first-aid box well stored.

WIRE CAKE COOLER

No one who has used a wire cake-cooler will be without one willingly, and many a woman has longed for something on which to turn her hot bread or cake where it may cool without sweating.

WAFFLE IRONS

Ample in size for the ordinary family and really much better than the larger size is the iron illustrated with its stand which fits over the flame. Both parts of the iron are well greased, the lower section is filled with the batter, the top section is adjusted as a cover, and the waffle cooks until browned on the under side. The iron is then turned in its stand without separating the sections. When the waffle has browned on both sides it is easily removed.

FUNNEL WITH STRAINER

This handy utensil comes in several sizes. Being made of aluminum it is proof against acids. The illustration shows not only

the funnel but the handy little strainer which fits inside the funnel and is removable. What the illustration does not show is the fact that the funnel separates into two parts, the elongated section unscrewing from the bowl-shaped part and giving four funnels, one for large openings, one for small, one for large amounts, and one for small quantities.

SAUCEPAN WITH LID

Many admirable features are possessed by this saucepan. First of all there is a wide lip protected by perforations in the kettle (not netting fastened on and sure to become loosened soon). It has a lid held in place by the peculiar construction of the handle, and it has a wide, firm bottom. It cannot topple, and one cannot scald oneself by escaping steam when draining the kettle.

PIE RACK

Not only is this an admirable space-saver but it affords a perfect way of storing pies. The rack fits into any large or medium bread box.

RACK FOR ROASTING POTATOES

Potatoes must be perfectly baked if this rack is used. The upright prongs hold the tuber upright, keeping it from overbaking by resting on the oven bottom, doing away with the necessity for turning, and securing even baking on all sides. Made of stout wire and equipped with a handle, the rack seems well-nigh perfect.

HOLLOW ROLLING PIN

Many pastry makers desire ice-cold utensils—hence this hollow glass rolling pin with screw end. Cracked ice or ice-water may be filled into the hollow.

COVERED VEGETABLE BAKER

Patterned after its aristocratic relative, the double silver vegetable dish, this white enamel one is sure to please. In the first place, the cover is a boon to the woman who believes in long, slow, covered cooking, and has been compelled to improvise her own covers. Then, too, this same cover when inverted, becomes a second vegetable baker. What is the lower section of this double dish has two compartments for the cooking of two separate dishes. The cover section has a flat top with indentation, in which the knob for lifting is cast as part of the dish.

COVERED ROASTING PAN

Many splendid features belong to this pan. It is used on top of the stove for one thing. Made of sheet-iron, with handle, equipped with a stout rack for supporting the roast and with an ample cover of enamel easily lifted, the whole thing recom-

mends itself to the woman who knows the advantages and comfort of the stand-up baking made possible by top ovens.

FRYING KETTLE AND BASKET

Deep-fat frying loses its tiresome features when one has the regular equipment for that work. The iron kettle (with flat bottom) has an arm at the side for holding the basket when food is to be drained before lifting from the basket or where food may be arranged in the basket for frying. This arm is removable, thus aiding convenient storage. When the fat in the kettle browns an inch cube of bread in one minute, it is the right temperature for frying uncooked food; when the cube browns in forty seconds, it is right for frying cooked foods such as croquettes made of cooked material. The articles to be fried are arranged in the basket and lowered into the fat. The basket rests on the bottom of the kettle, and need not be disturbed until the food is sufficiently cooked. As the handle of the basket is firmly in place, basket and contents are simply lifted from the fat and hung upon the arm of the kettle. If the fat has been of the right temperature, the food will be beautifully dry and free from fat.

WIRE STRAINER WITH HANDLE

This stout, wire strainer with an equally stout handle has many uses. It is admirable for use over a sauce-pan as a steamer. It is also admirable as a frying basket inside a deep cast-iron frying pan, when preparing browned potatoes with less fat than one would use in the frying kettle.

PUDDING BOWL

For boiled puddings this is invaluable. It is made of the thick, cream-white, glazed ware necessary for puddings, and is equipped with a metal cover which is clamped into place by two sets of stout wires which extend under the bottom of the bowl.

BAKING SHEET

No one who has ever used a baking sheet will leave it out of their equipment. The open end is the last word in convenience. Biscuits, cookies, and all sorts of similar things are easily managed on a baking sheet.

FANCY CUTTERS

Of course it is pure imagination that makes a cookie taste better when cut from one's favorite shape. But imagination plays a large part in making things agreeable, or the opposite, and when such a simple thing as a star-shaped cookie delights a child, let him have it by all means. The doughnut cutter is a time and labor saver where large quantities are made, or where time is limited, as it makes both cuts at once.

VEGETABLE SCOOP

Once in a while one wishes to cut the little balls from potatoes, carrots, or beets, that one sees in planked dishes or fancy vegetable salads. These little scoops come in several sizes. To make the balls, push the scoop as far as possible into the potato or beet. Twist it about until the ball is cut out. Of course, quite a good deal of material is wasted unless it is cooked and utilized for creamed dishes, soups, or filling of molded salads.

EGG BEATER

When buying an egg beater get a good one and then take care of it. Two strong, flat wheels and an unusually effective arrangement of beaters make the one in the illustration something to be desired.

CAMP BAKER

Even camp equipment can be used to advantage at home. This top oven gives valuable help in quick cookery of small amounts or in long, slow cooking. Stews, baked beans, and even a small roast are satisfactorily and easily managed with this cooker. Biscuits and small pies are easily managed.

INDOOR CLOTHES LINE

Closely related to kitchen activities is this little clothes line, which is rolled up under cover and kept perfectly clean when not in use, or is available for quite a number of towels and napkins. The line is quite as handy put up for outdoor use and takes up practically no room.

JELLY BAG AND STAND

Far removed from the chair back and broomstick outfit is this latest word in jelly making. Its usefulness by no means ends with the jelly-making season as any one who makes cheese from sour milk will see at a glance. The "handy man" should be able to apply the same idea to materials close at hand.

EGG POACHER

Belonging to a class which lends itself to many uses, this handy utensil will recommend itself to many. When used as an egg poacher, the pan is filled with boiling water, the inner cover (with circular openings) is adjusted, the little "scoops" with handles are buttered well and slipped over the opening. Into each an egg is broken, the top cover is adjusted and the eggs are left to cook to the right consistency. If left simply over the boiling water, the egg will be of a very delicate texture, just right for every one and especially imperative for invalids. If the cooking is hurried, the digestibility of the egg is sacrificed.

Long cooking gives a dish of baked eggs. When done, the eggs are easily removed from the little containers.

ENAMEL MEAT PLATTER WITH GRAVY TREE

Here is another enamel dish which imitates its silver relative. This platter is good looking and can be slipped on to one's china platter when serving. The gravy tree makes it easy to secure the small quantity of delicious "dish gravy" that usually escapes by spreading over the large surface of the platter.

OMELETTE PAN

Many lack the courage, and consequently the ability, to fold an omelette. This pan does away with that failing. Butter both sections well, fill each to very near the top with the egg mixture and allow to cook slowly. When firm (but not tough), spread above section with any filling desired, close the two sections together, and allow to stand for a few seconds. Open carefully and slip the omelette on to a heated platter.

SOUPS

The fact that soup making is an art which grows towards perfection by persistent cultivation should be most inspiring and encouraging to the woman who is conscious of short-comings in the soup-making line and is at the same time anxious to keep her family supplied with soup that is attractive, appetizing, and above all, nourishing.

She knows by persistent experiment and intelligent observation that some soups comprise a meal in themselves with the aid of bread. She knows, too, that other soups are merely supplementary either whetting the appetite or supplying the needed food element with other foods comprising the meal. For instance, good old-fashioned vegetable soup or oyster soup made with rich milk have the necessary elements of a meal while clear tomato soup is a delicious appetizer for any meal that does not contain tomatoes in some other form and it may also help to form a perfect combination of flavors and acids needed with a dinner in which fish or veal are employed.

The thoughtful woman would not serve a heavy cream soup such as tomato, corn or potato with a macaroni and cheese luncheon or a heavy meat dinner. It is a fine sense of the affinities that exist between foods that gives the born soup maker her cue in making and serving soups.

Meat soups require bones and meat as the starting point. Cuts of meat usually employed are; knuckle bone of beef or veal; shin bone of veal, beef or lamb; bones of pork and meat cut from the neck or shoulder.

Cream soups have as their basis vegetables cooked to a softness that allows of their being put through a sieve. These are combined with milk either whole or diluted. All cream soups need a "binder"; that is, flour or its equivalent must be used in order to secure a smooth and permanent blending of the flavoring element with the liquid.

The border land of soup making is a fascinating place. Here it is that those successful soups like dried green pea or bean soups are made. What another would throw away becomes delicious soup in the kitchen of the artist. The liquid in which corned beef was boiled becomes invaluable as the foundation of soup with the addition of flavors. Milk forms a valuable go-between in this border land adding flavor, nourishment and general attractiveness to these "impromptu" soups.

The successful soup maker employs the following flavors; thyme, summer savory, sage, peppercorns, bayleaves, cloves, nutmeg, cayenne, okra, chili peppers, salt, celery salt, celery stalks, cabbage, garlic, onions, parsley, mint; oatmeal, rolled oats, rice, barley, sago, macaroni, alphabet paste, noodles, vermicelli, are all valuable. Meat sauces, chili sauce, tomatoes and various vegetables are also indispensable.

Just one word about time and temperature in soup-making. Meat stock requires long cooking and very slow cooking. If bones are boiled the soup cannot be clear as rapid boiling liberates the lime in the bones, and no amount of clarifying can produce clearness, if soup meat is boiled it becomes tough and no juice is extracted as flavor. Soup meat must be tender—literally falling into shreds. The only way to accomplish this is by long and very slow cooking. Therefore, start meat soup hours before it is needed.

Start meat soup in cold water. Bring it very slowly to the boiling point. This is in order to extract the juice or flavor of the meat. Add salt when the meat is put into the cold water. This draws out the juice—a very desirable thing in soup making. As soon as the boiling point is reached, reduce the temperature until the water merely ripples. The soup pot must smile but never laugh.

Use great judgment as to the time when flavors are added to meat soups. Long cooking of onions is desirable because the flavor needs mellowing and the shreds are better if invisible. Some persons will not eat soup containing onions, if the onions are in sight. Bay leaves are fine for flavoring when used in certain combinations, but the flavor predominates and becomes objectionable if cooked for a long time. Oatmeal as a thickening agent should be added soon after the simmering begins. Rice should be allowed to cook in the soup for half an hour or

three quarters at the most. Potatoes should be added only long enough to become thoroughly cooked but not overdone or watery.

TO CLEAR SOUPS

Allow the soup to cool and remove the fat. For clearing use either the white of an egg and shell, or raw, lean beef, chopped very fine. For one quart of soup allow the white of one egg and the shell. Beat the white till light and break the shell into bits. Bring the soup slowly to the boiling point, adding white and shell before that point is reached. Stir constantly. Boil for two minutes, then simmer for twenty minutes. Strain through cheese cloth. No seasoning should be added after the stock has been cleared.

BOUILLON

Put five pounds of beef from the top of the round, two pounds of marrow bone, one teaspoon of peppercorns, one tablespoon of salt, one half cup each of carrots, onion, and celery into three quarts of water. Simmer for five hours, putting seasonings in an hour before the end. Remove fat and clear.

OX-TAIL SOUP

One small tail cut into pieces. Wash and drain, sprinkle with salt, pepper and flour and fry in butter ten minutes. Add six cups of brown soup stock and simmer for one hour. Cut fine one-half cup each of carrots and turnips and parboil twenty minutes. Also cut one-half cup of onion and celery fine. Add the vegetables to the stock after the first hour. When vegetables are soft, add salt, cayenne, one teaspoon of meat sauce, one teaspoon of lemon juice and one-fourth cup of grape juice.

MUTTON BROTH

Boil three or four pounds of mutton in water enough to cover it well. As the water cooks away add boiling water to it. When the mutton is thoroughly cooked remove it from the kettle, and to the water add two small onions chopped fine, two large tomatoes, three or four potatoes cut fine, and two cups of cooked barley. Simmer for an hour, and before removing from the fire add a tablespoon of flour wet with cold water.

CABBAGE SOUP

Ingredients: two and a half cups finely shredded cabbage, one and a quarter pounds of soup meat with bone, two slices salt pork, cut into small bits, one faggot of soup herbs, three onions chopped fine, two quarts of water. Cook these ingredients slowly for an hour and three quarters, then add two tablespoonfuls of flour, dissolved in a quarter cup of water, and season with a half teaspoon thyme, one teaspoon pepper, and one tablespoon salt.

CHICKEN BROTH

Cut a cleaned and dressed fowl in pieces and put into sufficient cold water to cover. Simmer from three to six hours until meat falls away from the bone. Pour off the liquor, season with salt and pepper, and serve with cooked rice or tapioca, two tablespoons to the quart of stock.

Soups may be made from the left-over bones of chicken, turkey, duck or hare in the same manner as above.

BEEF TEA

Cut thick round steak in bits, place in glass fruit jar, sprinkle with salt, screw on cover, place jar of meat in saucepan of cold water; bring slowly to boiling point, simmer until meat is colorless and broth rich and strong.

FISH CHOWDER

Four pounds fish, seven large potatoes cut in eighth-inch slices, one onion minced, quarter pound of salt pork, one quart scalded milk, one tablespoon butter, eight crackers, one tablespoon salt, quarter teaspoon pepper. Cod, bass or haddock may be used. Remove the skin but reserve the head and tail which with the backbone should be placed in a kettle. Add two cups of cold water and bring slowly to boiling point, cook twenty minutes, cut flesh into two-inch pieces and set aside. Parboil potatoes ten minutes in enough boiling water to cover and drain, slice onion and cook in a pan with some butter and when a light brown put in a kettle, add potatoes, seasonings, liquor drained from the bones, two cups boiling water, add pieces of fish, cover and simmer fifteen minutes, add butter and hot milk, split crackers, put in tureen and pour the hot chowder over them. A cup of fine cracker crumbs may be added if a thicker broth is desired, or two eggs may be beaten light and mixed with the hot milk before it is added to the chowder.

SCOTCH BROTH

Ingredients: Two tablespoons coarse oatmeal, one tablespoon, when cut up, of each of the following vegetables: carrot, turnip, leek, celery, potato, and parsnip; two tablespoons dried green peas, one large onion, dessertspoonful chopped parsley, pepper and salt, bunch of herbs, and two quarts of stock or water.

Method: The peas should be soaked, and cooked separately until quite tender. Soak the oatmeal in some of the stock overnight; then put it into a stewpan with the stock or water on the stove to boil, stirring occasionally. Add the vegetables, cleaned, cut into dice, and the herbs. Let the soup simmer gently for about one and a half hours, occasionally stirring. When the oatmeal is quite cooked, add the peas, parsley and seasonings. Should the soup be too thick, add more stock or water.

VEAL SOUP (White Stock)

To about three pounds of a joint of veal, which must be well broken up, put four quarts of water and set it to boil. Prepare one-fourth pound of macaroni by boiling it by itself, with sufficient water to cover it; add a little butter to the macaroni when it is tender; strain the soup and season to taste with salt and pepper; then add the macaroni in the water in which it is boiled. The addition of a pint of rich milk or cream and celery flavor improves the soup.

BARLEY BROTH FROM SHEEP'S HEAD

Split the head, remove the tongue and brains, and put them aside, wash the head very thoroughly and let it soak all night in two and a half quarts of water and a tablespoon of salt. Next day put it and two and a half quarts of water into a pot with six ounces of pearl barley which has previously been soaked for twelve hours, in just as much water as it will absorb, and cook very gently for two hours. Then add two pounds of sliced vegetables finely chopped, pepper and salt, a tablespoon of minced parsley, and two cloves, and simmer for one hour. Remove the meat and serve separately. Reheat the soup and serve it very hot.

GREEN PEA SOUP

Shell one peck of young peas, put the shells into a stewpan with a quart of water, a teaspoonful of salt, and a teaspoonful of sugar; boil for one hour, then pulp through a colander. Return to the stewpan, and add one quart of good stock made with the shin of beef, one onion, a few leaves of lettuce chopped very fine, a very little finely-chopped mint, and parsley, and the peas. Boil until the vegetables are tender (about 15 minutes). Season to taste and serve.

SPLIT PEA SOUP

Soak one cupful of dried peas overnight, then rinse and boil up quickly in water containing an eighth of a teaspoonful of baking soda. Rinse again and stew slowly in two quarts of water, adding a bit of bay leaf, a diced onion, half a diced carrot and one teaspoonful of salt. Sift through a coarse sieve into one quart of meat stock, reheat and thicken with three level tablespoonfuls of flour rubbed to a paste with two tablespoonfuls of butter. The soup stock may be made from a quart of water and four chicken or beef bouillon cubes.

COCK-A-LEEKIE

This is the best way in which to cook a fowl which is too old for any other treatment:—Trim and wash several large leeks or onions, cut them in small pieces, and rinse again. Have the

fowl trussed for boiling, and put it with the leeks into 5 quarts of stock—made from a broth bone. Boil slowly for about two hours. Take out the fowl, and cut it into small neat pieces; keep it hot while you season the soup, and thicken it with fine oatmeal. When the oatmeal is quite cooked, pour the soup on to the pieces of fowl, in the soup tureen.

SPINACH SOUP

Pick, wash perfectly clean a quantity of fresh spinach, place it in a sauce-pan with a sprinkle of salt, and let it cook in its own moisture. When done squeeze it very dry and place it in a colander, and pass it through a hair sieve. Next dilute the pulp with as much well flavoured stock as will make it of the desired consistency for soup. Make all very hot, season with pepper and salt, and just before serving put in a small pat of fresh butter. If the soup is allowed to boil after the spinach pulp is added to it the colour will be spoilt. Serve with small dice of fried bread.

MULLIGATAWNY SOUP

Fry one cup of uncooked minced chicken until brown. Also brown one-fourth cup each of carrot, onion, and celery, diced and one finely chopped green pepper, one sliced apple, mix, add one-third cup of flour, one teaspoon of curry powder, a blade of mace, two cloves, one cup of tomatoes and simmer all for an hour. Strain, press the vegetables through the sieve. Add five cups of white soup stock, pepper and salt; sprinkle minced parsley over the top and serve with boiled rice.

SCOTCH SOUP

Make a stock of three pounds of mutton from the fore-quarter. When it has simmered for an hour, add one-half cup of turnip diced, one-half of a medium sized onion, four tablespoons of diced carrot, salt, pepper and two tablespoons of barley. Mix four tablespoons of flour with enough of the stock to make a smooth paste. Dilute sufficiently to pour into the stock. Stir well and simmer for two hours. The barley should soak over night.

CREAM OF CUCUMBER SOUP
(With Stock)

Peel three large cucumbers, cut into quarters and discard the seeds. Slice the pulp, cover with cold water, heat quickly to the boiling point, drain, rinse in cold water and drain again. Melt two tablespoonfuls of butter in a stew pan; add the cucumber and let cook very slowly about half an hour; add half a teaspoonful, each, of salt and pepper, half a teaspoonful of sugar and one quart of chicken or veal broth and let simmer very gently twenty

minutes. Melt one-fourth a cup of butter,—in it cook half a cup of flour; add two cups of milk and stir until boiling; strain the cucumber and broth into the sauce. Beat the yokes of two eggs, dilute with half a cup of cream and stir into the soup. Do not allow the soup to boil after the addition of the yolks and cream. Serve with croutons.

TOMATO SOUP WITH MEAT

To one quart of canned tomatoes add one onion, two cloves, six peppercorns, a bit of celery root, or a half teaspoon of celery seed, and one tablespoon of flour for every quart of soup. Put in a soup kettle the bones and trimmings of any meat on hand and cover well with cold water. Add the tomato and seasonings and cook for half an hour. Skim out bones and meat and strain the liquor through a sieve, rubbing all tomato pulp through. Heat, and thicken with flour cooked in one tablespoon of butter.

PUMPKIN OR MARROW SOUP

Use half or a quarter of a pumpkin or a fair-sized marrow. Peel, remove the seeds, and cut into slices. Put into a pan with enough water to cover; boil until tender. Rub through a sieve, return to the pan, with an ounce of butter or substitute, one gill or more of milk, and seasoning to taste. Place over the fire and stir until boiling. A pinch of nutmeg improves the soup, or a little stick cinnamon boiled with it and removed after.

POTATO SOUP

Two cups of hot mashed potatoes; two tablespoons of flour, well blended; one pint of milk. Cook together till thickened. Into a pint of milk in a saucepan put two slices of onion, minced very fine, two tablespoons of butter, one and a half teaspoons of salt, a bit of pepper and celery salt or a stalk of celery minced fine and one teaspoon of finely minced parsley. Cook all slowly until the onions are tender. Add to the potato mixture and heat to boiling. If too thick add more milk. One cup of strained tomatoes with a pinch of baking soda may be substituted for that amount of milk or added with a bit more of potato and flour.

POTATO SOUP No. 2

Pare and wash four potatoes, cover with boiling water and let boil five minutes; add two sliced onions, a tablespoon of celery seed or one-third a cup of dried celery leaves; let cook until the potatoes are tender, then press through a fine wire sieve; beat the yolks of two eggs, add a cup of thin cream and stir into the hot soup; let cook two or three minutes but without boiling; add more water or hot milk, if too thick, and salt and pepper to season. Serve with croutons.

Instead of the egg yolks enough flour may be added to make a thin white sauce. The eggs make an exceedingly delicate and nutritious soup, however. On no account must the liquid boil after adding the yolks, nor must it stand more than two or three minutes.

Potato soup is also very good if the vegetables are pressed through a sieve, the flour added to the puree and mixed well. Add butter and seasoning and use milk for the liquid.

PEA SOUP WITH TOMATO

Soak over night a cup of dried peas. Drain them next morning and put in sauce pan with two quarts of water. Simmer gently until tender, put through a sieve and add two large onions grated, two tablespoons parsley cut up fine, six cloves, a small bay leaf, and half a cup of canned tomato, strained. This is then simmered slowly for half an hour, and served with toasted strips of bread, or croutons.

BEAN CHOWDER

Cover one pound dry lima beans with water and soak over night. In the morning pour off the water and cover them with fresh water. Bring this to a boil and boil half an hour. Pour off this water and cover the beans with three quarts of cold water. Add one and a half cups raw diced potatoes, two tomatoes cut up, two onions diced, three thin slices bacon, or a ham bone, one cup diced celery or half teaspoonful celery salt, two teaspoons salt, and a quarter teaspoon pepper. Simmer three hours.

CREAM OF TOMATO SOUP

Stew half a canful of tomatoes for five minutes and then put through the sieve adding a level teaspoonful of salt, an eighth of a teaspoonful of paprika, half a teaspoonful of sugar and a pinch of soda. Add a pint of white sauce and stir this tomato purée into it while both are hot. This soup should always have served with it croutons, which are small toasted squares of bread.

CLEAR TOMATO SOUP

Cook a canful of tomatoes with a small onion cut up fine, two stalks of parsley, a little celery and one green sweet pepper from which the seeds and white pulp have been removed, a bay leaf and two peppercorns. Cook in a covered pot over a very slow fire for at least half an hour, then put the entire contents of the pot through a sieve and add a cupful and a half or two cupfuls of boiling water, according to the amount of evaporation that has taken place. Soup stock may be used instead of the boiling water. If the tomatoes are very acid that condition may be neutralized by adding a pinch of soda and about a quarter of a teaspoonful of sugar.

CORN CHOWDER

Take one can of corn or one pint of fresh corn grated; four cupfuls of potatoes, cut into small pieces; two ounces of salt pork, one small onion, chopped, four cupfuls of skimmed milk; one teaspoonful of salt; and four ounces of crackers. Cut the pork into small pieces and fry it with the onion until both are a delicate brown. Add the potatoes and the corn, cover with water and cook until the vegetables are soft. Add the milk and salt, and reheat. It is well to allow the crackers to soak in the milk while the potatoes and corn are being cooked. Some people cook the cobs from which the corn has been removed, in water, and later use this water for cooking the potatoes and corn.

MUSHROOM CREAM SOUP

Peel and cut into small pieces about one pound of fresh mushrooms, and add to them three pints of hot water in which meat or ham has been cooked, or plain water. Simmer gently for about an hour, then press through a sieve or strainer. Melt an ounce of butter, mix in a good tablespoonful of flour, stir over the fire for a few minutes, then add the soup. Boil gently and stir until smooth, season to taste and if not thick enough add a little moistened cornflour. The yolks of two eggs, beaten with two or three tablespoonsful of thick cream and stirred in two minutes before serving, greatly improve the soup.

DRIED GREEN PEA SOUP

Use whole, dried, green peas and soak a cupful over night in cold water with half a teaspoon of baking soda in the water. In the morning bring to the boiling point and allow to boil for three or four minutes. Drain, rinse well and put into the water in which corned beef has been cooked. Simmer slowly and when peas are beginning to soften, slice a medium sized onion very thin and add any seasoning needed.

DRIED BEAN SOUP

To one cup of any sort of dried beans which have been soaked overnight and parboiled in soda water add any of the soup vegetables and flavors. Cook to a purée and add a little flour for binding. Use half water and half milk as a liquid or all meat stock or meat stock and milk. If preferred, the beans and other vegetables may be left whole.

CREAM OF CORN SOUP

Cook one can of corn or its equivalent until soft enough to press through a sieve. To the pulp add two tablespoons of flour and mix well. Turn into a sauce pan with equal parts of milk and water (four cups in all) a slice of onion, one teaspoon of salt, a few grains of pepper and two tablespoons of butter. Cook until thickened.

KIDNEY BEAN SOUP

Soak two cupfuls of red kidney beans over night and put them on to cook in the morning with an onion and a carrot and a bit of parsley. Cook slowly in a covered pot until the beans are tender enough to put through a sieve. To this puree add two cupfuls of soup stock and one cupful of boiling water. Season with salt, pepper and a half teaspoonful of scraped onion and serve. Two tablespoonfuls of tomato ketchup or chili sauce added to the beans give a distinctive flavor.

CELERY SOUP

Use the outer stalks and leaves from a bunch of celery. Wash and cut up rather fine and put it in a kettle with three cupfuls of cold water. Add two peppercorns and half a bay leaf. Cook until the celery is tender. To a cupful of juice add one pint of white sauce and heat thoroughly, seasoning with salt to taste. The white sauce should be rather thin for this.

BLACK BEAN SOUP

Soak one pint of black beans over night. Parboil for five minutes in the morning with a pinch of baking soda. Drain, cover with cold water, add one small onion sliced, two stalks of celery (or one-fourth teaspoon of celery salt) one-fourth teaspoon of mustard, a pinch of thyme, savory and sweet marjoram. As soon as the beans have become tender enough to press through a sieve (they may boil) add one and a half tablespoons of flour to the purée, salt and pepper to taste and either water or meat stock to make the desired quantity. Bring to the boiling point and serve hot.

NOODLES

Beat one egg enough to break it up slightly. Add half a teaspoon of salt and flour enough to make a stiff dough. Roll into a sheet as thin as it is possible to make it. Hang the sheet over the back of a chair for several hours or over night. Roll tightly into a cylinder. Cut into narrow strips and drop these into any kind of meat soup. The rolls will uncurl in cooking.

Noodles are good as a vegetable, cook the rolls in boiling salted water till done. Drain well and fry in butter till a fine brown.

CROUTONS TO SERVE WITH SOUPS

Cut half inch stale buttered bread from which crusts have been removed into half inch cubes; brown in oven.

A FAGOT OF SOUP HERBS

Carrot and leek are combined with parsley, thyme and bay leaf in making the little bundles of soup flavoring. To make the fagots place in separate piles one branch of parsley, one bay leaf, two branches thyme, half a carrot cut lengthwise and one quarter leek. These are tied in bunches, dried thoroughly, and kept in glass jars.

METHODS OF COOKING FISH

FRYING OR SAUTEING

Cut the fish into fillets or each fillet into portions. Dip the fish in milk and then in a mixture of corn meal and flour in about equal portions. Another method is to dip each piece in batter made of egg, flour, milk, salt and pepper. A third method is to dip each piece in beaten egg, then in crumbs. After being coated in one of the three ways mentioned, the pieces must be placed in hot fat, either in iron frying pan or frying basket. Drain and serve with any appropriate sauce.

BOILING FISH

Free from scales and, if desired, separate into fillets. If preferred however, the back bone may be retained but head and fins should be removed. Wipe the fish inside and out with a cloth wrung from salt water. Wrap the fish in a cheese cloth strip or square and place in a pan with hot water to almost cover. If one has a fish kettle it will not be necessary to wrap in cheese cloth or if the fish is filleted it can be lifted easily when cooked.

Put a little salt in the water and a tablespoon of vinegar. Cook until the flesh begins to separate into noticeable ridges. Remove at once to a hot platter and serve with sauce passed separately.

Fish boiled in liquid composed of more than half milk and the remainder of water is delicious. Omit the vinegar. Garnish with parsley and lemon slices and make a sauce of the liquid in which the fish was cooked. Never really boil fish. The temperature is a steady simmer.

BAKING FISH

Clean as for boiling and arrange in a dripping pan spread with slices of salt pork on which the fish rests. Sprinkle the top with pepper, salt and a slight dusting of flour. Also arrange strips of fat pork over the top. Add a little water and cook in a moderate oven until the fish begins to separate into flakes. Serve at once.

If desired, the fish may be stuffed, baked, and served whole.

BROILED FISH

Prepare in portions and dip in milk, flour and meal. Brush a broiler with oil, arrange the fish in the broiler and cook over a steady moderate fire turning often.

PICKLED FISH

Four pounds of salmon or halibut, wash and put in a kettle, and cover with boiling water; add a tablespoon of salt and boil gently

for thirty minutes. When done, drain and stand aside to cool. Take off the skin and cut the fish into convenient pieces. Put one quart of good vinegar in a porcelain-lined kettle, add two blades of mace, six whole cloves, two bay leaves, a small onion chopped, a dash of red pepper, two tablespoons of sugar. Bring to boiling point, drop in the pieces of fish and let boil up once. Have ready four or five quart glass jars; see that they are scalded. Lift the fish into the jars and cover with boiling vinegar. Screw the covers on quickly and stand in a cool dry place. This will keep for months.

CREAMED FINNAN HADDIE

Pour boiling water on the Finnan Haddie. Leave a few minutes, and pour off. This takes away some of the smoky taste. Lay the fish in a baking pan and cover with milk or water. Cook gently in the oven until done. Make a white sauce, using the milk that is on the fish. To one cup of this milk use two tablespoons of flour, one tablespoon of butter and one-eighth teaspoon of pepper. It requires no salt. Carefully remove the bones from the fish, breaking it as little as possible. Add this flaked fish to the white sauce. Reheat, and serve at once.

COD FISH BALLS

Pare four large potatoes and cut into even-sized pieces not too small. Put into a sauce pan and drop one cup of shredded cod fish on top of the pieces. Cover with water and boil until the potatoes are done. Drain without disturbing the fish. Dry out until the potatoes are white and shiny. Mash potatoes and fish together till very fine. Mix thoroughly, add a good-sized piece of butter and one egg well beaten. Add salt if needed. Beat well, dip up in a tablespoon and shape into balls. Place in a frying basket and immerse in deep hot fat till nicely browned. Drain on soft paper or a cloth, keep in a warm oven till all are cooked and serve at once. Fat is just right for cooking these balls if it browns an inch cube of bread in forty seconds. If the fish is very salty, it may need soaking over night or for a shorter time. Use fish slices dried or fresh.

FRESH HERRING TURBANS

Empty the herrings, remove the heads and scales and wipe with a damp cloth but do not wash. Split the fish up the back and spread flat. Divide into halves. Run the point of a sharp knife along the back bone and, beginning at the head remove the bone. Roll each filet beginning at the wide end. Skewer or tie into place. Stand the rolls on the side in a pudding dish and pour in one-half teacup of water and one-third cup of vinegar. Sprinkle each roll with pepper and salt and slip a tiny bit of bay leaf into the side of each. Cover the dish closely and bake for half an hour. Serve in the baking dish either hot or cold.

SALMON WITH RICE

Line a baking dish with cooked rice. Flake one can of salmon. Beat two eggs light, add one-third cup of milk, a pinch of salt and

a few grains of cayenne. Add to the salmon, mix lightly and pour into the dish. Cover with the rice. Steam one hour (covered) and serve with white or egg sauce.

SALMON MOULD

To one can of salmon minced, add three well-beaten eggs, one-half cup of bread crumbs, salt and pepper to taste and one tablespoon of minced parsley. Add four tablespoons of melted butter and turn into a buttered mold. Steam one hour. Serve with sauce. This is very light if the whites of the eggs are beaten very stiff and folded in last.

SALMON SUPREME

Drain the liquor from a can of salmon and save. Prepare the Salmon Mould recipe adding three tablespoons of minced celery. Put into buttered cups and steam one hour. Turn out on a heated platter, surround with peas heated and coated with melted butter. Pass a sauce made as follows: Melt one tablespoon of butter, add two of flour and cook one minute without browning. Add slowly one cup of hot milk. Stir till smooth, add the salmon liquor, salt and pepper, and tomato catsup or chili sauce to taste.

GERMAN SALMON CAKES

Prepare two cups of mashed potatoes and season nicely. Add one cup of salmon divided into flakes. Beat one egg very light, add a tablespoon of milk and salt and pepper if needed. Add to the potato mixture, beat well and form into flat cakes or drop in little mounds on a buttered baking tin. Brown in a hot oven.

SALMON IN PEPPER CASES

Select eight sweet green peppers and cut lengthwise into halves. Remove the stems, seeds and white membrane. Parboil the shells for five minutes, drain and fill with any of the foregoing recipes, using bread crumbs or rice. Arrange in a baking dish, place this over hot water and bake until the peppers are soft, but not broken.

SALMON IN ROLLS

Remove the tops from oblong rolls that have a crust on all sides. Scoop out the inside leaving an even thickness on sides and bottom. Butter lightly and toast to a delicate brown in the oven or omit the butter and fry to a delicate brown in deep fat. Drain and fill with a hot creamed mixture of salmon nicely seasoned. Serve hot.

FISH CHOWDER

Various kinds of white meated fish either fresh or salted can be used for chowder but the fresh is preferred. Cut the fish into rather small pieces, one or two inches square. Into an iron pot or a granite kettle, put five or six pieces of salt pork and fry slowly until brown. Put in three onions sliced thin and cook slowly until tender, stirring to prevent browning too soon. Remove the pot from the fire and put in a layer of fish on the onions and pork. Sea-

son with pepper and salt, add a layer of pared and sliced potatoes and dredge lightly with flour. Continue the layers of fish and potatoes until all are used. A fish of three or four pounds is sufficient for a good chowder. Cover with water or part water and part milk. Cover and cook gently until the potatoes are done. Put soda biscuits in the soup tureen and pour the hot chowder over these.

OYSTER STUFFING FOR FISH

To be used with baked cod or haddock.

To one cup of rolled soda crackers add one-fourth cup of melted butter, one-half teaspoon of salt, a little pepper, one and a half teaspoons of lemon juice, one-half tablespoon of finely chopped parsley and one cup of the soft parts of oysters. Use as much oyster liquor to moisten as necessary.

FISH STUFFING

One cup of cracker crumbs, four tablespoons of melted butter, one-fourth teaspoon of salt, one-eighth teaspoon of pepper, a few gratings of onion, one teaspoon each of minced parsley, capers and sour pickles. Mix in the order given but use no liquid.

CURRY SAUCE FOR FISH

Peel and slice one medium sized onion and cook till soft in six tablespoons of butter (or half of sweet lard) add two tablespoons of flour and, gradually, one cup of milk or fish sauce or white stock. Cook till smooth and slightly thickened. Add one tablespoon of curry powder which has been made into a paste with one-half cup of cream. Salt and a few grains of cayenne, the salt depending on the kind of fish used.

If cold, cooked fish or canned fish is used, it should be flaked and heated in the sauce before the curry is added. If uncooked fish is used cook it in the sauce either flaked or in steaks and add the curry and cream during the last ten minutes. One cup of tomato puree may be substituted for the white or fish stock.

MELTED BUTTER SAUCE

Melt one and a half ounces of butter (two and a half tablespoons) and add four tablespoons of flour. When white and glistening add, gradually, one cup of warm water or fish stock. Stir to keep smooth and when thick enough add a pinch of nutmeg and salt to taste. Be very careful to use only a few grains of nutmeg.

EGG SAUCE

The foundation is white sauce made with milk, cream or a mixture of these with fish stock (the water in which fish or fish bones have been boiled). When nicely thickened and ready to serve, add the white from an egg that has been boiled for half an hour. Chop this white very fine. Rub the yolk through a sieve and, after the sauce has been poured over the fish to completely cover it, sift the yolk evenly over the top.

OYSTER DISHES

SCALLOPED OYSTERS

Drain the oysters (saving the juice) and remove all bits of shell. Butter a shallow baking dish and sprinkle with rolled cracker crumbs or browned bread crumbs. Cover with a layer of oysters, sprinkle with pepper and salt, put bits of butter over the crumbs and a few drops of cream and oyster liquid. Make the crumbs moist, but not wet. Cover the bottom layer with a similar one of crumbs, oysters and seasonings. Add a little more cream and oyster juice for this layer if it seems necessary. Bake in a moderate oven for half an hour. It is not a good plan to have more than two layers of oysters as when more are used the top and bottom layers are overcooked.

CREAMED OYSTERS

Prepare a rich cream sauce, add the oysters, turn into a baking dish, cover with buttered crumbs and bake till crumbs are browned—about half an hour.

FRIED OYSTERS

Drain the oysters. Dip in beaten egg and then in crumbs. Place in the frying basket and fry in deep fat for one minute. Drain and serve with parsley and lemon sauce or sour pickles.

Batter may be used instead of crumbs and egg.

PAN-BROILED OYSTERS

Rub a hot pan with oil or fat. Drop the oysters into the pan; as soon as they become plump and the edges are ruffled, lift from the pan on two pieces of hot toast. Dot with butter, pepper and salt and serve at once.

"PIGS IN BLANKETS"

Roll each oyster in a thin slice of bacon. Tie or skewer into place with a toothpick. Pan-broil the rolls and as soon as the bacon is crisp serve with hot buttered toast.

OYSTER STEW

Heat rich milk, add the oysters, drained, and clear of shells; when the oysters are plump serve at once with tiny crackers. Add butter, pepper and salt for each portion.

OYSTER SOUP

Make a thin white sauce with rich milk. Add butter, pepper and salt, and lastly the oysters. Serve as soon as the oysters are plump.

MEAT COOKERY

SWISS STEAK

Rub seasonings into a slice of round steak. Pound flour into it with the edge of a saucer, using as much flour as the meat will take up. Place in a saucepan with a small amount of hot fat. Brown slightly and cover with water. Cover closely and simmer until tender.

BROILED BEEF STEAK

Cut the steak an inch or more in thickness. That from the loin is the best, either porterhouse or tenderloin. Have the broiler hot and well rubbed with fat, salt pork. Place the steak on the broiler and, for medium rare, allow ten minutes to a side. Increase the time for more thorough cooking. As the meat becomes heated it swells and the juice exudes. For this reason it is desirable to turn the broiler very often. The surface of the steak must become seared and the juice must not escape. It is not advisable, however, to sear one side completely before turning the other side to the fire. Let the searing proceed gradually and steadily. At no time must the juice escape. When properly cooked, place at once on a hot platter and serve at once.

The only dressing for broiled steak is bits of butter dotted over the surface after it has been sprinkled with salt and pepper. The butter should be in small portions in order to melt quickly. Maitre d'hotel butter is quite suitable for broiled steak.

PAN-BROILED STEAK

Have an iron frying pan very hot. Rub with a piece of salt pork and place the steak into the pan over a steady fire that will keep the frying pan at its original temperature. Turn the steak frequently to sear the surface gradually and preserve the juice. In turning the meat insert the fork into the fat if possible or near the edge as no juice will be lost in this way. As fast as the fat tries out into the pan drain it out, cooking the meat only on heated metal as far as possible. This melted fat can be returned to the pan and reheated when the steak is removed. Pour it over the steak after seasoning.

Always season steaks and chops after they are placed on the platter for serving. Never season while cooking unless flour, batter or eggs are used to coat the meat.

As soon as the fat is thoroughly cooked in steaks and chops the lean part is done.

PAN-BROILED CHOPS

Follow directions for Pan-broiled Beef Steak.

VEAL CHOPS

Cook the chops in a hot frying pan, keeping a steady moderate heat and using as little fat as possible, to keep the chops from sticking. When the chops have become plump and the fat seems

almost done lift the chops on to a floured platter, season each with pepper and salt, dredge well with flour. Season the other side in the same way. Return to the hot frying pan in rather more fat than was used previously. Cook carefully to secure a fine brown without burning.

Egg and crumbs may be substituted as a coating for veal chops instead of flour but the latter is more satisfactory if carefully handled.

Use the remainder of the flour to make a brown gravy with the fat in the pan and milk for the wetting. Veal chops require long, moderate cooking and this can not be given if the coating is applied at first. Undercooked veal is exceedingly indigestible, but well cooked veal is delicious.

BAKED VEAL CUTLET

Another good way is to bake the cutlet, with young onions. Cut one veal cutlet one inch thick, use two bunches of young onions, two fresh tomatoes or one cup canned tomato, one teaspoon paprika, one teaspoon salt, one cup water, two tablespoons flour, one teaspoon sugar, one-eighth teaspoon pepper, two tablespoons fat.

Roll the cutlet in the flour and fry in the fat until brown. Place the meat in a casserole or baking dish. Cover with the onions cut in thin slices, using two inches of the green stalks, the tomatoes, seasonings and water. Cover and cook slowly in a moderate oven two hours.

PORK CHOPS

Follow directions for veal chops.

PAN-BROILED BACON

Arrange the thin slices of bacon in a frying pan, place over a steady moderate fire and, as the fat tries out, drain it from the pan. Cook to the desired crispness and drain before placing on the hot platter. Cooking bacon in burned fat ruins the bacon.

BACON IN BATTER

Prepare a batter as for fritters. Dip each slice of bacon into the batter and saute in bacon fat previously heated. Be careful not to burn the batter as the bacon must cook slightly longer than by the usual method. The slices may be cooked almost done before dipping in the batter.

IRISH STEW

Cut the ribs and neck of mutton into pieces. Put into a frying pan with just enough water to keep it from burning. As the fat tries out allow the mutton to brown without more water. Prepare one-half cup each of diced carrots, turnip and potatoes, also one onion sliced, two stalks of celery cut fine and one cup of tomato puree.

Cover the mutton with boiling water, add the vegetables, except the potatoes, and stew slowly for two hours. About twenty minutes before serving add the diced potatoes and a few spoonfuls of minced parsley. Just before serving add a few strips of sweet green pepper and thicken the gravy.

If dumplings are wished they may be baked as biscuits or made by mixing three teaspoons of baking powder, a pinch of salt and two cups of flour with one tablespoon of butter and seven-eighths of a cup of milk. Butter a perforated tin or steamer and drop the mixture on to it by spoonfuls. Set over the stew, cover closely and steam for twelve minutes.

SCOTCH STEW

Three pounds of lamb or mutton from the forequarter are needed. Cut into inch pieces removing skin and fat. Add three pints of cold water, bring to the boil quickly, skim and add half a cup of barley that has been soaked over night. Simmer for an hour and a half.

Into a separate pot put the bones to cook in cold water. Bring to the boil and then simmer for an hour and a half. Strain and add the liquid to the stew. Dice one-fourth cup each of carrots onion and turnip and saute for five minutes in dripping; add to the stew with seasonings and, when tender, thicken the gravy. Sprinkle minced parsley over the stew at the last.

CALVES' EARS

Scald the ears and rub with a coarse cloth. Wash well and cook for three hours with an onion, salt and bay leaves. When tender slit the top of each ear and simmer for one hour in a rich white sauce made with milk and seasoned with salt, pepper and a few grains of nutmeg. Add a little lemon juice when ready to serve and at the very last without boiling, add the yolks of two eggs.

ENTIRE CALF'S HEAD

Scrape, clean, scald, and rub with a coarse cloth. Tie the head in thick white cotton cloth and put into a large kettle. Cover completely with water. Boil for a few minutes, reduce to a simmer and add salt, pepper, onion, carrot, parsley, a bag of mixed spices and marjoram. After five or six hours take from the kettle, remove the cloth, place on a clean white napkin and garnish with lemon slices and parsley, trim the ears into shape and put a lemon in the mouth. Save the liquor in which the head was boiled as it jellies and is fine for stock.

The eyes should be removed from the head before cooking and the nostrils should be thoroughly cleaned.

CALVES' TAILS

Cut three or four tails into two-inch lengths. Parboil ten minutes. Drain, put into a stew pan in water or stock to cover. Remove the rind from one-fourth pound of bacon and add to the tails. Simmer until tender and the broth reduced half. Slice the bacon and place as a garnish around cooked spinach seasoned and shaped into mound. Arrange the tails around the bacon.

Thicken the gravy, color a rich brown, season with lemon juice and pour over the whole.

TO COOK CORNED BEEF

Remove the meat from the pickle, take out the bones and wipe dry. Cut into pieces of even size and shape, and place together like layer cake, the fat portions in one piece over the lean part of the other. Tie together, allowing room for the meat to swell in cooking. Wrap loosely in cheesecloth, put into a large kettle filled with boiling water. Allow the water to come to the boiling point after the meat is put in, then reduce the temperature until the surface of the water merely ripples. Allow twenty minutes for each pound, and half an hour extra. If not tender, continue cooking slowly. *Rapid cooking toughens the meat.*

When tender, drain, open the cloth and rearrange the pieces if necessary. Fold the cloth snugly about the meat, put into an earthen or granite dish into which it fits well. Cover with a board or dish that fits the top of the meat exactly, place a weight on top and set in a cool place until next day. When serving, turn the meat onto a platter, garnish with parsley or cress and tiny radishes, cut into thin circles. Slice the meat very thin.

MADE MEAT DISHES

BRAWN

Take the feet of one pig and one pound of shin of beef, one teaspoonful of finely-powdered mixed herbs, pepper and salt. Wash the feet and cook for two hours; then add the beef and cook for another two hours. Have sufficient water to keep the meat just covered and simmer it; do not allow it to boil quickly. When ready, pour the liquor off, remove the bones from the meat, and cut the latter into small square cubes; season to taste with pepper and salt, and mix in herbs; pour over the liquor from the meat, and put mixture into a large mould, previously rinsed with cold water. Leave it a night to set, it is then ready for use.

BEEF BRAWN, No. 2

After cooking the meat until tender, seasoning with savory, onion finely minced, or onion juice, if cared for, strip all the meat from the bones, chop, not too finely, remove all small bits of bone, and put it into the liquor it was cooked in. Bring this to boiling point, then pour into moulds, set away till cold, then turn onto a large platter. A fancy mould may be made by cutting hard-boiled eggs or beet-root into shapes, and when the mixture is cool slip gently into the mould. Other ways of making use of this meat would be by cooking and putting into glass sealing jars, and sterilizing for an hour in boiling water to seal and secure safe keeping. This will keep for months.

HEAD CHEESE

Take the heads, tongues, and feet of young, fresh pork, or any other pieces that are convenient. Having removed the skin, boil them till all the meat is quite tender, and can be easily stripped from the bones. Then chop it very fine, and season it with salt and pepper, and if liked, ground cloves, or sage. Mix all well. Put into deep pans with straight sides, and press it down hard and firm with a plate that will fit the pan, putting the under side of the plate next to the meat, and placing a heavy weight on it. In two or three days turn it out of the pan, and serve it cut in thin slices. Use mustard or vinegar with it.

PIGS' FEET

To prepare the feet for cooking, scald them well. Scrape and clean all the skin and remove the horny part of the hoof. To make a mould, cover with water and cook slowly until nearly done. Then add salt and cook until the flesh will readily drop from the bone. Remove from fire, test for seasoning, add more if desired, and carefully take out all the bones, saving them for the soup pot. Put the meat into a mould and serve cold, sliced. The bones can be used in the making of bean or pea soup, to which they give a good flavor. For pickled pig's feet, clean them well, boil until very tender, remove all the bones. Chop the meat, add it to the water they were boiled in, salt to taste. Add enough vinegar to give a pleasing taste, pour into a dish to cool. When firm, cut in slices. Or leave out the vinegar, and serve catsup of any kind with the meat. Or, before cooking the feet wrap each one in a cotton cloth, and boil seven hours. When cold take off the cloth and cut each foot in two pieces. Serve cold with catsup or horse-radish. Or the cooked feet may be put into a jar and covered with cold vinegar to which is added a handful of whole cloves.

BEEF OR CALF'S HEART, STUFFED

Wash, and remove the veins, arteries and clotted blood. Stuff

with bread crumbs or rice, highly seasoned, and sew together. Brown the heart in a small amount of fat. Sprinkle with salt and pepper, place in a dripping-pan and half cover with boiling water. Bake, closely covered, for two hours in a moderate oven, basting often. Make a gravy with the liquid left in the pan.

SHEEP'S TONGUE

Soak in salted water for two hours, place in fresh boiling water, and then simmer for two hours. Skin, cut into neat pieces. Have ready a casserole of stewed cabbage and rice. Place the tongue on top with a little brown sauce poured over.

MEAT PIES AND PUDDINGS

BOILED BEEFSTEAK PUDDING

Cut two pounds of round steak and two sheeps' kidneys into inch cubes. Throw into a bowl containing a scant dessert-spoonful of salt, one-half teaspoonful pepper, and a tiny pinch of both nutmeg and dry mustard. Roll the meat about until well seasoned.

Chop six ounces of kidney beef suet very fine. Sift four cups of flour onto a mixing board, sprinkle one-eighth teaspoonful of salt over the flour and one teaspoonful of baking powder. Mix thoroughly, add the suet, and knead into a light dough with one cup (or less) of ice-cold water. Take out enough of the dough to cover the pudding; fill the kettle with boiling water. Raise the bowl slightly from the bottom of the kettle. Have the water boiling when the pudding is put in and keep it boiling for two hours and a half. Replenish when necessary, with boiling water.

If served from the bowl, fold a napkin around as a collar and place on a pretty platter. If turned from the bowl, be sure the platter will receive the top of the pie without breaking, and turn out very carefully. It is much more satisfactory to serve from the bowl. Roll the remainder into a round large enough to line the bowl. Use an earthen bowl. Fill the bowl with the seasoned meat, add a dessert-spoon of any good meat sauce or chili sauce. Mushroom catsup may be added, and rich stock also. Wet the edge of the pastry, cover with the remainder rolled to fit the top. Pinch together well. Dip a towel or stout cloth into hot water, dredge with flour and tie the cloth securely over the top of the bowl, wrapping it well around the edge so that no juice escapes. Set the bowl into a large pan and a rich highly-seasoned stock can be added just before sending to the table, if the pie seems to lack gravy. This may be added very neatly by means of a funnel inserted in the centre of the top crust, the opening being concealed by a bit of parsley. The funnel is re-

moved before sending the pie to the table unless it is china, in which case it is left in the pie.

If the pie is to be eaten cold, the stock can be made from brisket bones of beef or veal, or a bit of gelatine added. This will cause the stock to become jellied when cold.

POINTS TO REMEMBER

Covers for pudding bowls should fit outside the bowl instead of inside, as this is the only way to prevent the water entering the bowl.

Four rules must be observed if one hopes for success with boiled puddings. The first one is that the water in the kettle must be *boiling* when the pudding is put in, and restored to boiling as soon as possible after the pudding has been put in The kettle must be tightly covered, of course.

The second rule is that the water in the kettle should not come more than two-thirds or three-fourths to the top of the bowl and must be kept at that mark. This is in order that the water may toss over the cover constantly, thus cooking the top of the pudding as thoroughly as sides and bottom. Many puddings have soggy, uncooked tops, because of failure to observe this rule.

The next rule is that the water in the kettle must boil furiously. Gentle boiling will not toss the water over the top of the bowl.

Finally, every time the water needs replenishing it must be from a kettle that is boiling briskly. Therefore, keep a boiling kettle always ready while the pudding is cooking.

You can scarcely overcook a boiled pudding. Reheating spiced puddings makes them better every time they are served.

When puddings are boiled in cloth or bags these must first be dipped in hot water till thoroughly wet, then covered thickly with flour, before adding the pudding.

Allow for swelling in tying and leave a stout loop by which to lift the pudding when done. Lift with a stout meat fork run through the loop.

When a bag pudding is lifted from the water, plunge at once into cold water for a moment. Cut the strings and the cloth will come away easily. Rip bag and fold it back.

If a bowl is covered with a cloth, it must be wet and floured as directed, and tied securely under the shoulder of the bowl. When removed from the water, pour cold water over the bowl quickly, cut the string and remove the cloth.

Pudding and pastry suet is that which surrounds beef kidneys. If fresh, it is firm in texture, creamy in color, and crumbles easily. Use no other. Before chopping remove the thin skin that holds the parts together and sprinkle a little flour over the

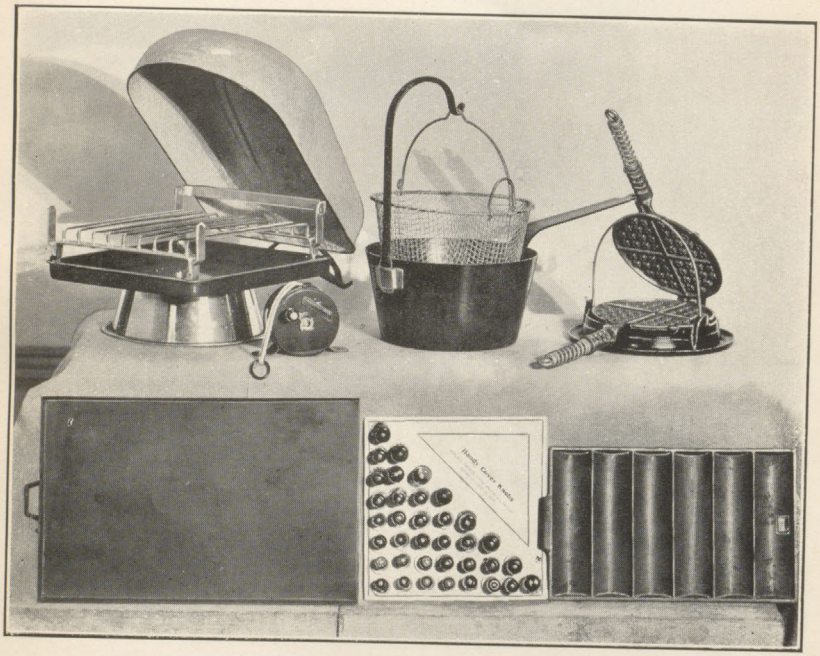
suet from time to time when chopping, as this prevents the pieces clinging together too much.

BEEF-STEAK KIDNEY PIE

Cut round steak into pieces about an inch and half wide and half as long; also use either veal or lamb kidneys from young animals. Two pounds of steak and half a dozen kidneys will make a pie sufficient for six or seven people. Both beef and kidneys require long, slow cooking. It is, therefore, advisable to begin that long before covering with the crust. Do this in a covered stew pan over a slow fire.

Because of the liability of kidneys to contain dangerous disease germs, they must be prepared carefully. After removing the thin skin that holds the lobes in place separate the lobes and split each from side to side. Run a sharp-pointed knife under the white tendons, loosening them as neatly as possible from the kidney. Loosen also around the top and discard all but the kidney portion. Cover the kidneys with weak salt and water. After fifteen minutes drain, cover with clear cold water, and bring very slowly to the boiling point. When this is reached, drain again. Cover once more with clear, cold water, and bring just to the boiling point. As soon as this happens, drain and rinse well, cut into halves. Turn onto platter containing flour seasoned with salt and pepper and a pinch of dry mustard, all well blended. Roll the kidneys in this until well coated. Have another platter containing flour, seasoned with salt, pepper, and one-eighth of a teaspoonful of grated nutmeg, well blended. Roll the pieces of meat in this till well coated. Drop all into the saucepan with one-eighth of a teaspoonful of savory and thyme blended. Also add one rounding tablespoonful of minced onion, and a teaspoon of flour. Fill to within an inch of the top with boiling water, bring quickly to the boil, reduce to simmering, cover and cook for an hour. By that time the meat should be tender.

Place a strip of pastry all round the rim of the pie dish, turn in the meat and kidneys well mixed, add a little meat stock or thickened water for gravy. It should come at least half-way to the top of the dish. Wet the pastry on the edge of the dish, scatter flour over it, and fit the top crust, pressing well all around the edge and finally pressing together with the tines of a fork. Make two slits, an inch long, at right angles to each other, in the centre of the top. Turn back the points slightly. Cut leaves or a strip twisted into a ribbon from the pastry, wet the top around the opening, and arrange the shapes to rise a little above the opening without closing it. If much gravy is in the pie, it may overflow in cooking. This is prevented by inserting a tiny funnel of enamel or china in the opening. Grease the spout so that the



An open-end cookie-baker is shown at lower left-hand side. Two used alternately make quick work of cookie baking. In the centre of the lower row is a card of various-sized cover-knobs, all ready for an emergency when the knob comes off the lid. Next is an iron pan for baking crusty rolls. Above is a waffle iron of most modern design; then a handy deep-fat equipment. Next to that is the last word in roasting pans, and small but useful is the kitchen clothes-line, working on a spring. For description see Up-To-Date Utensils.

funnel may be removed easily when the pie is done. Bake rather fast at first, to enable the crust to lighten, then reduce and brown slowly for three-quarters of an hour. About the last ten minutes of baking, brush the crust with milk or beaten egg and water to glaze.

If there are any bones left from roasts or steaks they could be used instead of plain water, to make the stock to be used for gravy. Veal bones will furnish a rich, gelatinous stock which will jelly nicely, when the pie is cold. Serve the pie either hot or cold.

PASTRY FOR MEAT PIES

One cup of flour, one rounding tablespoonful of butter, one rounding tablespoonful of lard (creamed together), one-half teaspoonful of salt, one teaspoonful of baking powder, and ice cold water to mix to a very stiff dough. Roll out to an eighth of an inch thickness; roll up like jelly roll; roll out again flat, roll into a cylinder once more and roll out flat again for cover and trimmings. Sometimes a strip of clean, white cotton is wrung from hot water, dusted with flour and bound, floured side next the pan, around the edge over pastry and pan, in order to prevent the gravy from escaping around the edge. Care in filling the pan and in baking will be the best safe-guard, however.

SUET CRUST FOR MEAT PIES

One-fourth pound of kidney beef suet chopped fine, one-fourth pound of butter. Set at the back of the range until suet is soft and the butter melted. Mix well and work into four cups of flour. Knead into a smooth dough, and roll to one-fourth inch in thickness. This makes several crusts.

CORNISH PASTIES

Sift one pound flour with one teaspoon baking powder and a little salt. Rub in six ounces lard. Mix to a stiff paste with cold water, roll out (not too thin) on floured board to desired size. On one half place a layer of best beef steak cut into dice, dredge a little flour, salt, pepper, next put a layer of onion sliced very thin, next a layer of turnip sliced very thin, finally a layer of potatoes cut thin, a little more seasoning on top, fold the other side over (like a jam turnover) after moistening the edge with cold water, and press together well. Lay on a baking sheet and bake in a moderate oven slowly until vegetables are cooked, be sure to cut three slits in top and pour in a very little water before baking.

TOAD-IN-THE-HOLE

Two pounds of mutton or beef, three-quarters pound of flour, two eggs, one and a half pints of milk, salt, pepper. Sieve the flour and salt into a basin, stir in the eggs and a very little of

the milk, and beat to a smooth batter; gradually work in the rest of the milk, and let this stand for at least half an hour. Free the meat from fat, skin, and bone, cut it into neat slices, place at the bottom of a greased pie dish, sprinkle with salt and pepper, pour the batter over, and bake in a moderate oven, about one hour. This may be made with sausages or any cold cooked meat, fowl, or rabbit. Pin a folded napkin round the dish and serve very hot.

Note that if the oven is too hot the meat may burn and the batter will become hard and dry outside and the inside will not cook properly.

TOAD-IN-THE-HOLE WITH SAUSAGES

This dish is usually made with batter and pork sausages cut into pieces about an inch long. But if you like it, other meat could be served in the same way, though mutton is better than beef for this dish.

Grease a pie-dish well, make a nice batter as for Yorkshire pudding, using half a pound of flour, one pint of milk, and one egg (or its equivalent), beat well, making quite smooth, and let it stand one hour at least in a cold place. Add one teaspoonful of baking powder, pour over the sausages into the greased dish, and cook in a quick oven for twenty minutes to half an hour. Serve quickly, or the batter will sink.

TOAD-IN-THE-HOLE WITH BEEF

Take one pound of round steak and cut it into small dice. Take one egg, beat it very light and add one pint of milk and half teaspoon of salt. Pour this over one cupful of flour very gradually. Beat the mixture very light and smooth. Put the meat into a two-quart dish, buttered. Pepper and season and pour the hot batter over it. Bake one hour in a moderate oven and serve. Hot mutton or lamb may be used instead of steak.

FORFAR BRIDIES

These are a kind of meat pasty, originally made in Forfar, but sold in many Forfarshire towns as well. Make a short crust by mixing half a teaspoonful baking powder and a pinch of salt with six ounces sifted flour, then rub in three ounces butter, and mix to a paste with cold water. Roll out on a floured baking board, fold in three, and roll out once again. Now divide the paste into two round pieces, wet the edges with cold water, put some cooked steak, roughly minced and nicely seasoned, in the centre of each pie, fold over each in the shape of a half circle, pressing the edges together with a fork. Brush the bridies over with milk, mark with the back of a knife, and bake on a greased tin in a good oven.

MEAT AND VEGETABLE PIE

A good baked meat pie can be made with one and a half pounds beef, one quart cut potatoes, half cup cut onion, half cup finely cut carrot, two tablespoons finely cut parsley, one teaspoon salt, one-eighth teaspoon paprika, one tablespoon flour.

Wash the meat, cut into small pieces, cover with boiling water; boil slowly two and a half hours. Then add the onion, carrot, potatoes, salt, paprika and boil thirty minutes; there must be two cups of gravy. Mix the flour with a little cold water; add and boil three minutes. Line bakepan with crust, pour in the meat and vegetables; cover and brush the top with cold milk; bake twenty minutes, or until light brown.

RAISED PORK PIE

Two and a half pounds of pork, one and a quarter pounds flour, six ounces lard, two teaspoons pepper, two teaspoons salt, a quarter of a nutmeg, three-eighths of a pint of milk and water. Heat the lard, add milk and water and bring to boil. Pour the boiling lard, milk and water on to the flour, having previously rubbed a little extra lard into it. Mix with a spoon and when cool enough to handle form into a ball, then work with the hand; work and press the middle down, raising the sides till the pie is formed. The sides and bottom should be the same thickness and should stand alone. A piece should be left for the top. Mince the meat and season it, fill the pie when fairly cool. Make a hole in the top of the crust. Some bones should be boiled and gelatine added to the liquor. When the pie is baked, the jelly should be poured in the hole at the top.

RAISED PORK PIE No. 2

Use neither pans nor pastry shells. Filling may be of meat or fruit and the shape may be either round or oval.

After the pastry is made take a piece the shape of a ball, place on a floured board, make a hole in the centre, then with the fingers of one hand inside the pastry and the fingers of the other outside, work it round and round on the board until the sides are three inches high and the sides and the bottom a uniform thickness. Have the meat cut fine and seasoned with salt and pepper only,—no sage or herbs of any kind. Fill the pie with the meat and a little water. Take a piece of the pastry and roll a lid, pinch the sides and lid round the top with thumb and finger to keep from opening. With a pair of scissors snip five or six holes in the lid to let out steam. Then the pies are ready to bake. It depends on how large the pies are, how long they must bake. The oven should be moderately hot.

JELLY FOR RAISED PORK PIE

Wash and clean pig's feet and ears, put into pot and cover well

with water, and let boil until tender, adding salt. Strain, skim off any fat and let cool. When almost cold fill cooked cool pie crusts with it and let stand until set; keep pouring in jelly until the pies will not hold more.

SUGGESTION FOR SHAPING PIES

The correct way is to take a piece of paste and place first into centre and mould to shape of pie, but this requires a lot of practice so roll a piece of paste and place it over a glass sealer and work it to the sides. Flour the sealer first, then let the paste cool on the sealer, when it can be taken off and placed on a tin plate or in a baking pan, ready to receive the meat. Cut meat into pieces about an inch square and fill crust to within an inch; add sage and salt and a little pepper. Cut a round of paste to fit top and wet edges and pinch together. Be sure to cut a big slit in top of pie.

DEVONSHIRE PASTY

Line a soup plate with pastry made with dripping. Use potatoes, French beans, peas, etc., not any cabbage or onion, or carrots—or only a very little of it. A large handful of parsley and some uncooked sliced tomatoes are desirable, a small quantity of cooked bacon or the remains of a ham, cut into dice. Boil the vegetables, drain well, and chop fine. Mix with bacon, pepper and salt. Put half the mixture on the paste, lay slices of tomato and an unbeaten egg over it. Put a similar layer over the first, adding egg as before. Cover with pastry and bake for a short time. This pasty may be eaten hot, but most people prefer it cold.

HOME-MADE BOLOGNA

Lean, fresh trimmings of beef, chopped beef heart (if on hand) and fresh or salted pork, not too fat, are the main ingredients. Use about two parts of beef to one part pork is a good proportion. Chop all the meat very fine and mix thoroughly. Have also ready the necessary amount of powdered mixed spices and salt. Mix these thoroughly. Garlic is also an essential but should be used sparingly. Mince it very fine. One clove of garlic is sufficient for several pounds of meat. A "clove" is one of the separate divisions into which the garlic bulb is divided. each clove being encased in a tough glazed skin. Wet a small quantity of baking flour with cold water enough to make a moderately thick paste. Add gradually to the bologna mixture until the mass is held together well.

Stuff the mixture into bags tying the ends and allowing for swelling. Put into boiling water and cook until the bags rise to the top when the sausages are ready for use. Drain and dry well.

BROWN BEEF STEW WITH DUMPLINGS

Remove all fat, bone, skin and gristle from one pound of round steak or stewing meat and cut the latter into one inch squares. Try out the fat and in it brown half an onion chopped fine. Sprinkle three tablespoonfuls of flour over the meat and add to the fat and onion. When the meat is well browned add one pint of boiling water. Lower the heat and simmer one hour. Add the dumplings fifteen minutes before the stew is done.

DUMPLINGS FOR STEW

Place in bowl one and-a-half cups flour, one teaspoon salt, and two teaspoons baking powder. Add two-thirds cup water and mix to dough. Drop by spoonfuls into stew, cover closely and boil for twelve minutes without lifting lid.

BACON AND FRENCH STEAK

This forms quite a nourishing dish, and is more economical than bacon and eggs. Fry the required amount of bacon in the frying pan, and keep it hot. Cut into neat fingers some brown bread, dip each finger of bread into beaten egg, and then fry a pretty golden color in the bacon fat. Sprinkle a little pepper and salt over these and place in a neat border around the bacon. Make a little brown gravy with the sediment in the pan, adding some boiling water, pepper, salt, and a flavoring of ketchup. Pour the gravy over the dish, and serve immediately.

SWEETBREADS, BRAINS, TRIPE, ETC.

BROILED SWEET BREADS

Parboil in salted water for three minutes. Plunge into cold water and drain. Remove the enclosing membrane, slice lengthwise in half-inch slices. Brush both sides with melted butter, place in the broiler over a clear fire and toast to a delicate brown. Serve surrounded with buttered spring peas or with spaghetti cooked in delicate tomato sauce.

CALF'S OR SHEEP'S BRAINS

To prepare the brains soak them in salt and water for several hours. Bring to the boiling point and drain, after three or four minutes. Put into cold water and remove the skin. Brains need very little cooking but may be combined with scrambled eggs, stewed dumplings or fried noodles, or baked slowly in a casserole. For the latter dish prepare as above and insert thin slices of salt pork between the folds. Sprinkle with salt and pepper and dredge with flour. Keep the casserole hot for half an hour and just before serving pour in a rich white sauce.

BRAINS ON TOAST

Prepare by putting into luke-warm water. Remove the skin and allow the brains to stand in the water until white. Have ready some boiling water in which a few drops of vinegar have been put with a pinch of salt. Let the brains simmer in this for fifteen minutes. Have ready some hot boiled rice. Cut the brains into dice, mix with the boiled rice, sprinkle with pepper and salt, put on hot buttered toast and dot with butter.

BRAINS WITH MASHED POTATOES

Prepare mashed potatoes nicely seasoned and beaten till light. Line buttered cups with the potatoes, fill the centres with brains diced and creamed. Sprinkle buttered crumbs over the top and brown in the oven.

BRAINS IN POTATO CASES

Dice and cream the brains. Butter a baking sheet and arrange nicely seasoned mashed potatoes in rounds on the sheet. Hollow each mound into a little well in which drop the diced brains. Brush the potato with beaten egg and brown in the oven. Remove from the sheet with a pan-cake turner.

BRAIN CAKES

Put the brains from two calves' heads into strong salt brine and soak for one hour. Put into a saucepan, cover with cold, fresh water and boil gently for twenty minutes. Cut into coarse dice, add two tablespoons of butter softened enough to coat the bits nicely. Sprinkle with one teaspoon of salt, one-half teaspoon of pepper, one saltspoon of mace, all thoroughly mixed. Add two tablespoons each of bread crumbs and minced parsley and the beaten yolks of two eggs. Mix lightly with a fork and lift by spoonfuls onto a floured mixing bowl. Shape into flat, round cakes, dip each cake into the stiffly beaten whites of two eggs and then into bread crumbs. Put into frying basket and plunge into hot fat for two minutes. They should brown nicely in this time. Lift gently onto brown paper on the shelf of a warm oven. When all are fried lift onto a folded napkin placed on a serving dish. Garnish with parsley. This is suitable for luncheon or tea.

Sweetbreads can be substituted for brains.

TRIPE

Tripe, which is the inner lining of the stomach of the cow, is not only very nutritious but easily digested, which fact alone makes it valuable as a food for convalescents, invalids, children and dyspeptics. Beef requires three hours for digestion but tripe requires but one hour. As procured from the butcher, tripe has been cleaned and well cooked but most housewives prefer to

give it an additional scalding and cooking before combining with other ingredients for appetizing dishes for breakfast, luncheon or tea. There are three kinds found on the market; the "bed" or smooth tripe, the "blanket" or rough tripe and the "honeycomb".

HOW TO CLEAN TRIPE

Tripe must be taken care of as soon as removed from the animal's stomach, for it spoils very quickly. The first part of the process consists of washing and scraping until every particle of fat is removed and also the soft skin. Four or five waters will be needed for this. Next, fill a large tub with cold water. Place a lump of slacked lime in this water using a piece the size of a walnut for every fifty gallons of water. Stir until the lime is thoroughly dissolved and allow the tripe to soak in this water for four or five hours. The water must be kept as cold as possible, adding ice if necessary. Before placing in this lime bath the tripe must be scraped on both sides with some instrument that will remove the thin membrane lining both sides.

When ready to cook, cover with cold water and allow to stand over night. In the morning place in a large kettle, cover with cold water and put on a quick fire. As soon as the water boils drain the tripe, cover again with cold water and bring to the boil. Continue draining, recovering and boiling until the water remains clear and gives off no offensive odor. Cover once more with cold water, bring to the boiling point, reduce to a gentle simmer and keep it at this point for at least five hours. When quite done add half a tablespoon of salt for every eight pounds of tripe. At the end of the cooking the tripe is ready to be served as it is or prepared in various ways. If it is not to be used at once put it into strong vinegar for keeping until needed. It is absolutely necessary that the long cooking shall be done entirely below the boiling point. The fireless cooker is entirely satisfactory for this part of the work. If salt is added during the cooking, the tripe will be discoloured.

TRIPE WITH MILK

Cut the cooked tripe into squares or triangles. Add enough sweet milk to just cover and to every pint of milk add one teaspoon of flour mixed to a paste with cold milk or water. Also add two or three onions sliced thin. When the onions are tender season with pepper and salt and serve at once.

BAKED TRIPE

For every two pounds of broiled tripe allow four ounces of bread crumbs, two eggs, one teaspoon of salt (if needed) one-half teaspoon of pepper and one cup of water. Butter a deep baking dish and put in first a half-inch layer of tripe cut rather

small; cover lightly with bread crumbs and seasoning. Fill the dish with similar layers. Beat the eggs till very light, add the cup of liquid (the tripe water is good) pour over the mixture. Cover the top with crumbs, moisten with a little of the egg mixture saved for that purpose. Bake half an hour and serve in the baking dish.

TRIPE WITH BATTER

Cut the tripe into narrow strips and each strip into short pieces. Make a pancake batter using one egg and either sweet or sour milk. Add the tripe to the batter and drop onto a griddle, by spoonfuls into hot sweet lard, dripping, or bacon fat. Fry carefully, browning nicely on both sides. Serve hot.

PIG'S HEAD, POTTED OR ROASTED
No. 1

Split the head in half and remove the skin, ears, eyes, brains, snout and jawbone or teeth sockets. Wash the remainder thoroughly and soak all day in cold, salted water. Change the water at night and soak till morning. Put into enough fresh, cold water to cover and cook very slowly, skimming well until the flesh separates easily from the bones. Remove to a hot pan, take out all gristle and bones quickly, and chop or grind the meat at once in order to keep the fat from separating.

For every six pounds of meat allow two tablespoons of salt, one teaspoon of black pepper, a little cayenne, (very few grains) one quarter teaspoon of cloves and two tablespoons of sage. Mix the meat and seasonings thoroughly, pack into an earthen or glazed mold, press together well and weight well on top. Let stand till cold and firm. The broth may be used to moisten the meat and seasonings a bit, if needed for molding.

PIG'S HEAD, POTTED OR ROASTED
No. 2

Split the head down the face, remove the skin, ears, eyes, brains, snout, and jaw-bones or portions of teeth-sockets. Wash the rest of the head thoroughly and soak all day in cold salted water. Change the water and soak over night, then put on to cook in enough cold water to cover. Skim carefully, and when cooked enough to free the meat from the bones, remove to a hot pan, take out all bone and gristle, and chop the meat with a sharp knife as quickly as possible, to keep the fat from settling in it. For six pounds of meat allow two tablespoons salt, one teaspoon black pepper, a little cayenne, a quarter of a teaspoon cloves, and two tablespoons sage. Stir the meat and seasoning well together and put into a perforated mold or tie in a coarse cloth, put a heavy weight on it and let it stand till cold and firm. The broth in which the meat was cooked may be used for pea

soup, and the fat if clarified, for lard. The head roasted and served with apple sauce and gravy makes a good dish. Boil till tender enough to allow the bones to be removed, then rub the meat with a mixture of half an ounce of finely chopped or powdered sage, one large teaspoon salt and one dessertspoon pepper. Roast in a quick oven for half an hour, basting well.

ROASTED PIG'S HEAD

Prepare as directed for Potted Pig's Head, but instead of removing the bones and mincing the meat, lift the head carefully to a hot pan, and spread with a mixture of half an ounce of finely-powdered sage, one large teaspoon of salt and one dessertspoon of pepper. Put into a quick oven for half an hour basting well with the liquor in which the head was cooked. Serve with apple sauce and gravy or tart apples baked and used as a garnish.

HEAD CHEESE

Use the head, tongue and feet of young, fresh pork or any other pieces that are convenient. Remove the skin, place all in boiling water, reduce the temperature to simmering and cook slowly until flesh and bones separate easily. Remove bones and gristle and chop the meat very fine. Season with salt, pepper and ground sage. Press into rather deep pans with straight sides and put on a cover that fits exactly into the mold. Weight well, set aside in a cool place for a few days, when it will be ready to serve although it will keep for some time if cool and well covered. Slice thin and serve with or without mustard or sour pickles.

PORK AND BEEF BRAWN

Take as much beef as needed for one time and half as much, by weight, of pig's head or young, fresh pork trimmings. Cook in separate vessels until tender. (See directions for Potted Pig's Head). Remove the bones while the meat is still hot. Chop all very fine, mix thoroughly during the chopping, and afterwards season with pepper and salt and a bit of sage. Moisten with the liquor the pork was boiled in. Turn into oblong molds, smooth well over the top and set aside to cool. This will not need pressing. Cut into slices.

BEEF BRAWN

Prepare a calf's head as directed for Potted Pig's Head. Prepare the shanks also from the knee to the foot. In the morning, cook head and shanks separately. The shanks need longer cooking than the head. When the bones are easily separated, remove them with the gristle and chop the meat fine. Season to taste and moisten with some of the liquor in which the shanks were boiled, as it is the shanks that furnish the gelatine for jellying. Mold as for pork brawn and when set cut into slices.

PIG'S FEET MOLDED

Scald the feet well. Scrape until the skin is clean. Remove the horny part of the hoof. Cover with cold water and bring to the

boiling point. Reduce to simmering and cook till almost done. Add salt and cook until the bones come out easily. Lift onto a platter and slip the bones out carefully. Return them to the liquor for bean or pea soup and arrange the meat in a mold, seasoning if needed. Press the meat for slicing.

PICKLED PIG'S FEET

First Method—Scald and clean the feet thoroughly. Wrap each one in a clean cotton cloth, put into a kettle with water to cover and simmer steadily for seven hours. Allow to cool in the liquor, remove the cloth, cut each foot into halves, lengthwise, and serve cold with catsup or horse radish.

Second Method—Cook as directed in first method. When split, pack in jars and cover with cold vinegar to which is added a handful whole cloves.

Third Method—Clean thoroughly in the usual way and cook till the bones come out easily. Separate the meat from bones and gristle and chop very fine. Add it to the water it was cooked in (or as much as needed) add salt to taste with vinegar, enough to give a pleasantly acid taste. The vinegar may be omitted and catsup be served with the meat. Pour into molds and when set firmly cut into slices.

Notes:—A good proportion for pork and beef mixture is: one pig's head of about five pounds, ready to use, to one pound of beef steak cut into squares. Round steak is best, or four pigs' feet to one pound of shin of beef.

When cooking meat for brawn the water must never get beyond the simmering point after the meat is put in. Feet, head, and shins need longer cooking than lean beef or pork, therefore, they should be cooked several hours before adding the other parts.

Seasoning is a matter of individual taste and runs all the way from plain salt, pepper and sage to the addition of savory, thyme and onion juice. The great point is that no one flavor must predominate, and this means using a small portion of each and mixing thoroughly. It also means frequent tasting.

If freshly-made brawn is packed into jars that can be sealed airtight and heated in boiling water for an hour, the brawn will keep for months. Select jars from which the brawn can be taken easily for slicing, or remove from the jar the day before it is needed, heat thoroughly and turn into a mold for shaping.

Be very careful to remove all bones before chopping the meat. It is easy to remove the large bones, but the tiny ones and the slivers

are very difficult to find, once they become mixed with the meat. Therefore, pick all meat from the bones with the fingers. Also use great care to cut the bones of the head sharply and without splintering. Many use a saw instead of an axe. Examine the meat carefully for splinters, before cooking.

Soaking a head over night or for a day and night in salt and water frees it from blood and gives it just about the right degree of saltiness. When cleaned for cooking, discard the eyes, ears, snout and brains.

Use a smooth granite kettle, if possible, for cooking the meat.

SAUSAGE LOAF

Put two pounds of round or flank (skirt) steak and one pound of ham into the mincer and grind fine. Also grind one large potato (pared). Mix all thoroughly and flatten on a platter. Sprinkle with salt and pepper and one-fourth saltspoon of ground mace or nutmeg. Mix well with the meat, flatten once more and add one teaspoon of chili or other meat sauce, two cups of soft bread crumbs and one egg well beaten. Mix once more thoroughly and shape into a roll. Slip into a muslin bag which has been wrung from hot water and dredged in flour. Steam for two hours. Serve cold in thin slices.

CORNED BEEF—CURING MEATS—BRINE RECIPES—PORK RECIPES

CORNED BEEF PICKLE

The cut containing the flat ribs and called the brisket is preferred by many for corning. Others prefer the top of the round as that contains no bones and is good for slicing.

For a ten-pound piece of meat you will need three gallons of boiling water, three pounds of common salt, two pounds of rock salt, two ounces of salt petre, and two ounces or one-fourth cup of brown sugar. Stir until well dissolved. In the morning, strain through a cheesecloth and put the meat in, cover with a cloth and let it stand one day for each pound of meat. A tongue should stand for three weeks. Turn every day until pickled.

SCOTCH BEEF HAM

Take the hind quarter of choice beef, remove all bones and put into brine for a few days. When cured, wipe dry, sprinkle with seasoning, roll tight, tie and wrap with cord so as to make a symmetrical roll. Hang up to dry in a cool place. This meat is

usually spiced and great judgment must be used as to kinds and quantity of seasonings and their even distribution. Of course, a smaller piece of meat could be treated in the same way.

CORNING PICKLES

No. 1. (For 100 pounds of meat.) Four pounds coarse salt, eight quarts water, two pounds brown sugar, one ounce saltpetre.

Boil, then skim and cool. Put in the meat and cover with a weight to keep under. Turn the meat every day for a week. In summer add: one cup of salt, one cup of sugar, three times for hams and shoulders, two times for bacon. Rub it well into the meat. Keep in three weeks.

No. 2. One gallon water, six ounces of sugar, three pounds of coarse salt, one-half ounce saltpetre.

Mix in a saucepan, boil for half an hour, skim well. When cool, pour into the pickling crock, put in the meat and weight well. If boiled every two weeks this pickle will keep six months. Eight to fourteen days is needed for pickling, according to the size of pieces.

No. 3. (For beef in 24 hours.) Four tablespoons salt, two tablespoons brown sugar, saltpetre size of hazel nut, two quarts water (boiling), four or five pounds of beef.

Stir till all ingredients are dissolved, cool, pour into the jar, add the meat with weight. Let stand 24 hours then cook the meat in the pickle three or four hours till tender.

No. 4. (For pork, 100 pounds.) Ten pounds salt, two ounces saltpetre, four gallons boiling water.

When well dissolved and cool pour into jars or barrels, with the meat well weighted. Keeps till meat is all used.

No. 5 For beef (100 pounds)

Cut into sizes convenient for making layers of even thickness in the barrel. For every 100 pounds weigh 8 pounds of salt. Sprinkle a quarter-inch layer in the bottom of the barrel, then pack in a five or six inch layer of meat as closely as possible. Repeat until meat and salt have been used, finishing with a good layer of salt on top. Let it stand over night and then add (for the 100 pounds) 4 pounds of sugar, 2 ounces of baking soda, 4 ounces of saltpetre, dissolved in one gallon of warm water. It may be that three gallons more will be needed to entirely cover the meat. Weight the meat to keep it under brine. Rust results when meat protrudes from the brine and the brine spoils soon.

If the meat is being corned in summer, boil it and cool before using. If the brine has stood all winter, watch it closely in the spring and summer. To be in good condition it should drip

freely from the finger when it is lifted from the brine. If ropy throughout, drain off, wash the meat and make fresh brine.

Keep in a cool place for 28 to 40 days.

DRY-CURED BEEF

Use the inside of the thigh preferably, and cut the strips with the grain so that slices will be cut across the grain.

For every 100 pounds use: five pounds salt, three pounds granulated sugar, two ounces saltpetre.

Mix well and use one-third to rub the meat thoroughly. Pack into a tight jar or cask, as tightly as possible. After three days take it out and rub thoroughly with a second third of the mixture. Put what were the top pieces on the bottom in repacking. After three days take out again and rub with the remaining third of the mixture.

SUGAR-CURED HAM AND BACON

The first step is to rub hams and bacon with salt and allow them to stand over night. In the morning pack into a barrel.

For each 100 pounds use: eight pounds salt, two pounds sugar, two ounces saltpetre, four gallons water.

Heat to boiling, cool and pour over the meat. Bacon strips should remain four to six weeks; hams and shoulders, six to eight weeks before smoking.

DRY CURING

Use the same mixture as for sugar-curing, reducing the salt to five pounds instead of eight. Some rub the meat every day for two weeks with this mixture, but others rub the meat once every three days and consider this sufficient. After the last rubbing pack the barrel and let it remain for a week or ten days. By that time it will be sufficiently cured for smoking. If the curing has been done in a cool, moist place the mixture will have penetrated evenly into the meat.

When smoked, incase the pieces separately in thick, brown paper and then wrap in cotton bags, which are to be coated thickly with a mixture of whitewash and glue.

PORK SAUSAGE

Use pieces from the shoulder, neck and any trimmings from other pieces. Remove some of the fat and render for lard. A good proportion is three times as much lean as fat.

To every twenty pounds of meat weigh: eight ounces salt, two ounces pepper, one ounce powdered sage.

Run the meat through the mincer, making it rather fine. Spread out and cover with the well-mixed seasoning. Gather up and run through the mincer again.

Sausage meat may be packed in glass or glazed earthen jars and covered with a thin coating of melted lard.

Another way is to make bags of rather thin, coarse, white cotton, making them two or three inches in diameter and about a foot long. It is a good idea to make the bags with circular bottoms and tops as this gives nicely-shaped slices for frying. When evenly filled, coat the bags with melted lard.

Link sausage can be easily made by buying the casings. They come of uniform size and are not only very cheap but very satisfactory.

BEEF AND PORK SAUSAGE

For this, use two pounds of lean pork, one pound of fat pork and one pound of beef. Make, season and pack like all-pork sausage.

SUMMER SAUSAGE

Equal parts of pork, beef and bread crumbs make delicious sausage, not too heavy for summer. The pork may be fresh or salted or bacon may be used. Season as for pork sausage and after mincing the second time mix well with one egg (for one or two pounds of sausage). Pack into a floured bag as for boiled pudding and cook in boiling water for two and a half hours.

Stiff oat porridge may be used instead of crumbs or half crumbs.

SCRAPPLE

Fill a gallon kettle with water to within one inch of the top. Cut one pound of boneless pork into inch pieces and cook in the water until it falls to pieces. Shred any pieces that remain. Have the water boiling (with the shredded pork), and also have ready some corn meal made into a stiff paste with cold water. Drop this gradually into the boiling water, stirring vigorously to mix the pork with the meal. As the meal thickens, add salt. You will need about one-third as much meal as you have water. The meal will soon thicken so that it will be difficult to stir. When it leaves the sides of the pot it is cooked enough, but it may be easiest to bring it to this point by finishing off in the fireless or in a double boiler or by cooking over water. It should be cooked down quite stiff. This may take several hours by slow cooking. Pour into bread pans (oblong and deep) or in pound baking-powder or coffee tins and set away in a cool place, covered well.

When needed for luncheon or breakfast, turn the scrapple from the tins and cut into half-inch slices. Dip these in egg and then in rolled crackers or simply cover both sides with flour. Fry in dripping, bacon fat, sweet lard or a mixture of any or all of these. The main point is to have plenty of fat in the frying

pan and have it at the right temperature. A cube of bread should brown in half a minute. It is really a saving of time and energy and food to keep a little kettle and frying basket ready for frying scrapple. When nicely browned, drain on soft brown paper in a warm place. If the fat is of the right temperature the scrapple will not soak fat nor need draining.

SMOKING AND CURING MEAT

The proper smoking of cured pork aids materially its keeping qualities and improves the flavor of the meat.

Brine-cured meat is ready to be smoked after it has been in the brine from five to seven weeks. After the meat is removed from the brine it should be soaked in luke-warm water (or at a temperature of sixty degrees) for about twenty-four hours. If the meat is smoked without soaking a coating of salt is found on the outside of the smoked meat, which detracts materially from its quality. After the meat has soaked it should be hung up to drain.

When thoroughly dry the meat should be hung up in the smokehouse, near the ceiling and at a short distance from one another so that all parts will be uniformly exposed to the smoke.

The selection of the fuel is of great importance. Soft woods should never be used, as they give off too much carbon which will be deposited on the outside of the meat, making it sooty and giving it a too dark color. Green hickory, maple or other hardwoods should be selected. Corncobs make an excellent substitute.

A steady smoke for from thirty-six to forty-eight hours is sufficient for mildly smoked meat. If the meat is to be kept until late in the summer it is well to smoke it for about three days. The fire should be kept low so that the minimum amount of heat is given off. When too much heat is given off the fat on the meat will melt and run over the meat, causing it to become streaky. Meat, when smoked sufficiently, should be of an amber color.

If meat is to be used in a short time the pieces may be hung without covering in a dry, cool cellar or a well ventilated attic. If to be kept for some time it is advisable to wrap in thick, soft, brown paper then in canvas and bury in a grain (oat) bin, the pieces at least six inches apart. A safer method for long keeping is to allow the thoroughly cured meat to become dry on the surface then wrap in parchment paper or old newspapers, afterwards enclosing it in a cotton bag, which is treated in either of the following ways. First, Slack a quantity of lime and dilute to consistency of thin whitewash dip the bags in this allowing the outside only of the bag to touch

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solution, hang up on a line or pole and when they have ceased to drip draw a bag over each piece of meat, tying securely at top.

Or, put the meat in the bags, which must be of strong material, tie tightly at the top and give each a thick coat of the following paint solution:

0.6 pounds barium sulphate.

0.1 pounds common glue.

0.2 pounds lead chromate.

0.1 pounds common flour.

Mix the flour in about four gallons of water, dissolve the lead chromate in two gallons of water in a separate vessel, add the glue and then add to the flour mixture. Bring to the boil and stir in the barium sulphate slowly. Prepare the day before using.

CURING WITH MOLASSES

One method of bacon curing preferred by some for the special flavor imparted to the meat includes the use of molasses. To four quarts of fine salt, one-quarter pound of black pepper, and four ounces of pulverized saltpetre, add nearly one quart of molasses to make a pasty mixture. Rub each piece thoroughly with this. applying it thickly to the flesh side, and lay aside for four days, turning it and rubbing it with the mixture each day. Then place in a pickle prepared as follows: For one hundred pounds of ham, use seven pounds of coarse salt, five pounds of brown sugar, four ounces of saltpetre, and one-half ounce of pearlash or potash; add four gallons of soft water. Heat gradually to boiling then skim; when cold, place the hams in a cask with fine salt strewn over the bottom, and cover with the pickle, putting a weight on top to keep the meat well under. Small hams should remain in the pickle five weeks, large ones from six to eight weeks, after which they may be taken out and hung to dry for smoking or storing.

HAMS AND BACON

Pork which has been thoroughly cured by dry salting, pickling in brine, sugar curing, or other process should next be hung in a dry, airy room or a shady place outside to "air-dry" before smoking. Several weeks may be required for this and as long as the outside of the meat appears at all moist or sticky it is better kept away from smoke. For convenience during the smoking, fasten through each piece a loop of stout twine, by which to suspend it, and before hanging, sprinkle each piece well on



Sauceboat and gravy tureen in a new dinner set have their safety promoted by being in one piece with the little platter on which each stands. Covered vegetable-dishes are oval and round. The fancy in soup-plates has returned to an old-time favorite shape, as shown in the plate at the front of the table. The open baking-dish is invaluable.

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the flesh side with fine black pepper, or a mixture of equal parts of red and black pepper, as this insures a fine flavor in the meat. Hang the pieces, keeping from actually touching, and smoke gradually for about five weeks. This is best done by smoking for a few days cautiously, taking care that the meat does not become heated. Then expose in the fresh air for a day or two, and again renew the smoking process. When nearly brown enough, smoke but half a day at a time. The actual process may be finished up in one week, with constant care to see that the meat does not heat, and by keeping the smoke up throughout the day. The more it is smoked, the better it will keep and retain its flavor, but it should not be made black. It is best to re-arrange the pieces frequently to insure a uniform exposure.

In a fireproof smoke-house, the fire may be placed within, in the centre, using a few live coals, smothering them with green hickory or birch chips. Pine or pitch-bearing woods should not be used as these impart a disagreeable flavor to the meat. Sawdust and corn-cobs are sometimes utilized, but no blaze should be allowed, and a sprinkler should be kept at hand to control the fire at need. If there is no smoke-house, very good results may be obtained with a bottomless barrel, the meat being suspended from the top by cross sticks, with a cover and coarse sacking to closely cover all. The fire should be placed in a depression dug beneath the barrel, which should rest on a flat stone, placed across the hole, leaving an opening for the smoke inside the barrel, and a slight opening from which to attend the fire. Cloudy and damp days are best for smoking.

POULTRY AND GAME COOKERY

ROASTING THE TURKEY

When the turkey is ready for the singeing of the down, and the washing of the bird, the latter should be done first in warm water to which a little soda has been added, and then in cold water.

Prop on end to drain a moment, then wipe with a soft towel. The stuffing being ready, fill in at the neck until the breast is round and full, pull the skin together and set over on to the back. Put the remainder of the stuffing in the other opening, filling lightly, then sew up.

Pull the thighs up close against the body, and with a skewer pierce through one, then through the body and out through the other thigh. Turn the tips of the wings back close to the body and

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skewer in position, cross the drumsticks over the tail, and with a string cross and wind all together and fasten firmly at the tail.

Rub the outside of the turkey with salt, pepper and olive-oil or melted butter, then dredge with flour. Lay on its breast on the rack of the dripping pan, and set in the hot oven for a few moments until it begins to color.

Then reduce the heat, adding a cupful of hot water to the pan. Protect the breast with a sheet of oiled paper, changing as it becomes charred.

When the turkey is half done, dredge again with flour, basting frequently with hot water to which a little butter has been added. After a time there will be gravy in the pan that can be used also in the basting. It will take about two hours to roast an eight-pound turkey.

To test whether it is done or not, pierce the thigh with a small fork. If it appears as though ready to cleave from the body, it is tender and done. Take up gently and lay on a hot platter while the gravy is being made.

If there is much fat in the dripping-pan, pour off all but about two tablespoonfuls. Add two tablespoonfuls of dry flour to this remaining fat, stir until blended, scraping down all the brown glaze in the pan. Add enough boiling water to make the consistency desired.

If you have cooked the giblets (which are the heart and liver and gizzard of the fowl), and they are to be chopped and added to the gravy, you can use a portion of the water in which they were cooked to make the gravy. Add the chopped giblets, with salt and pepper to season.

BOILED FOWL

Dress, clean, and truss a four-pound fowl, tie in cheesecloth, place on trivet in a kettle, half surround with boiling water, cover, and cook slowly until tender, turning occasionally. Add salt to the last hour of cooking. It is not desirable to stuff a boiled fowl.

FRIED CHICKEN (Southern Style)

Clean, singe, and cut in pieces for serving, two young chickens. Plunge in cold water, drain, but do not wipe. Sprinkle with salt and pepper, and coat thickly with flour, having as much flour adhere to chicken as possible. Try out one pound fat, salt pork cut in pieces, and cook chicken slowly in fat until tender and well browned. Serve with white sauce made with half milk and half cream.

STEWED CHICKEN WITH ONIONS

Dress, clean, and cut in pieces for serving, two chickens. Cook in a small quantity of water with about a dozen tiny young onions. Remove chicken to serving dish as soon as tender, and when onions are soft drain from stock and reduce stock to one and one-half cups. Make sauce of three tablespoons butter, four tablespoons flour, stock, and one-half cup cream; then add yolks of three eggs, salt, pepper, and lemon juice to taste. Pour sauce over chicken and onions.

BAKED SPRING CHICKENS

The following formula is given on the basis of two spring chickens, so that it may be reduced—or multiplied—proportionately, if need be.

Singe, clean and split the two chickens. Mix one-fourth cup of butter, two teaspoons of paprika, one-half teaspoon of salt and the juice of one-half lemon. Divide between the two chickens, which have been placed in a pan, skin side down. Place in a hot oven and cook for ten minutes. Turn the chickens over, baste well with the butter and cook fifteen minutes, basting once or twice during that time.

Usually the chickens are thoroughly cooked in twenty-five minutes, but if they do not seem to be done in that length of time cook ten minutes longer. Serve at once on a hot platter, with butter and juices remaining in the pan poured over them.

BOILED FOWL WITH VEGETABLES

Select a young fowl, weighing about four or five pounds, having a plump breast. Singe, clean, and draw the intestines, being careful to remove the kidneys, which lie close to the back bone. Sometimes these are not removed, and the second joints of the bird are strongly flavored. Sprinkle the inside with salt and place in it an onion peeled and washed. Truss the chicken, tying the legs securely to the body.

In the bottom of a kettle place a perforated pan or cover, on it place the chicken, surround with two quarts of boiling water, and add one slice each of carrot and onion, one sprig of parsley and, when half cooked, two teaspoons salt. Cook slowly until tender; place on a platter and pour around the following sauce: Three tablespoons butter, four tablespoons flour, one half teaspoon salt, one-eighth teaspoon pepper, two cups stock (water in which chicken was cooked), two egg yolks, two tablespoons finely-chopped parsley. Melt butter, add flour, salt and pepper, and pour on the

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stock slowly. Cook until smooth and thickened, add egg yolks and beat until smooth, but do not allow it to boil after the egg is added. Add to this sauce one-third cup each, cooked peas, carrot, and celery. Sprinkle chicken and sauce with the chopped parsley.

CHICKEN LOAF, BAKED OR STEAMED

Mix two cups of cooked, chopped chicken or fowl, both dark and light meat, with four cups of bread crumbs, moistened with hot milk, four tablespoonsful of butter, three teaspoonsful of salt, one-half a teaspoonful of white pepper, two teaspoonsful of onion juice, and, if desired, one cup of cold, cooked peas, asparagus, or other delicate vegetable. Bind the whole with two well-beaten eggs, and pack in a buttered mold. Cover with greased paper, and steam for one hour or until firm in center, or bake in a slow oven. If baked, remove paper for the last quarter of an hour, to brown the top.

"HOWTOWDIE"

"Howtowdie" is a Scotch dish. Truss and stuff a young fowl. Put it into a saucepan with three ounces of fresh butter and two gills of good mutton stock. If this stock is not at hand the same amount of water may be used. Add two or three little onions, a few sprigs of parsley, half a teaspoonful of salt and a pinch of pepper. Simmer the fowl till tender. When half cooked add a little more gravy. As soon as it is done, place the bird in the middle of a big, hot platter, and surround it with poached eggs. Just before serving pour over it the gravy in the pot, after thickening with a little moistened flour in the usual way. This dish should be served as hot as possible.

INDIAN ROAST CHICKEN

(A recipe from India.)—The chicken selected must be plump and tender, but not too fat. Take half a loaf of dry bread and soak it in sweet milk. Have prepared a little chopped-up parsley and one small, green pepper and one large onion, also chopped very fine. Mix and add a small teaspoonful of mustard and a pinch of fresh ginger. Mix thoroughly and put into the milk-soaked bread. Fill the chicken with the stuffing and place in a pan into which has been dropped a lump of butter. Bake in a hot oven until well done.

CHICKEN CROQUETTES

One pint finely-chopped cold chicken, one teaspoon salt, a half teaspoon pepper, one cup cream or thick white sauce, four eggs, two tablespoons cornstarch, one teaspoon onion juice, one tablespoon lemon juice, one pint bread crumbs, three tablespoons butter.

Cream the butter and cornstarch, add the cream or white sauce, and cook over moderate fire till it thickens. Add meat and seasonings and boil for two minutes. Pour over two eggs, well beaten; when thoroughly mixed, cool, shape into croquettes, dip in crumbs, then in egg, and in crumbs again, and fry in deep fat.

FRICASSEED FOWL

Before putting on to stew, dredge fowl with flour and brown well in hot fat. Proceed as for stew, thickening stock as for gravy. Egg yolks may be used for part of thickening if desired. Chopped parsley, celery or celery salt may be used for seasoning, if liked.

TO ROAST DUCKS

Wild ducks are usually roasted without stuffing. Sometimes tart apples, pared and cored, or peeled onions are used as stuffing, but not eaten. Roast a wild duck in a hot oven twenty to thirty minutes, with slices of salt pork over the breast. Serve with currant jelly.

Domestic ducks require about twice the length of time for roasting that is given to wild ducks. A dressing of highly-seasoned bread crumbs, a few drops of onion juice and a small bit of butter is liked for ducks. An addition may be made of chopped peanuts or peanut butter.

STUFFING FOR FOWL

Mix in order given, one quart bread crumbs, using stale bread; (crusts may be soaked in cold water, squeezed dry, and mixed with the dry bread crumbs); one teaspoon salt, a quarter cup melted fat, water or stock to moisten, one quarter teaspoon pepper, and if liked, one tablespoon chopped onion, seasoning.

STEWED VENISON

Cut into fairly small squares. Into a saucepan put three tablespoons of butter, and, when melted, two tablespoons of flour. Blend well, add two or three tablespoons of bacon cut fine, six small onions, sliced, two cloves of garlic and the meat seasoned with salt and pepper. Add sweetened currant juice and water in equal quantities to cover. Simmer gently till the meat is tender. Lift from the pot, skim off the fat, take out the garlic and the gravy, cook till thickened. Add a few drops of caramel to brown the gravy. Arrange the meat on a hot platter and pour the gravy around.

ROAST VENISON

Wipe the meat with a damp cloth. Place on a board and pound all over with a wooden potato masher, or rolling pin. Lard all

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over with strips of fat pork. Put into an earthen vessel and cover with a marinade made of two cups of vinegar, one of olive oil, three onions sliced, two carrots sliced, two white stalks of celery cut fine, a bunch of parsley, two bay leaves crushed, a sprig of thyme (or dried thyme) and a teaspoon of pepper. Turn the meat several times so that all sides will be exposed. After a few hours take the meat out and tie into good shape for roasting. Remove all of the vegetables attached to the meat.

Put a few thin slices of larding pork into the pan, dredge the meat on all sides with flour, pepper and salt and place it in the pan. Set in a hot oven and after the first twenty minutes baste every ten minutes. When of a fine brown reduce the heat and finish with slow, steady cooking. The meat should be served rare, the time allowed being ten minutes to the pound after the first twenty minutes. If currant jelly is melted and used in the basting the flavor is improved.

Piping hot is the serving rule, with red or black currant jelly as a sauce. Plates must be very hot also. Venison cools quickly. Serve with cauliflower, spinach, succotash, white or sweet potatoes, with some sort of green salad with French dressing—never cooked dressing nor mayonnaise.

PLAIN ROAST VENISON

The saddle of venison may be roasted in the same manner as lamb and served with currant jelly and highly seasoned brown gravy.

VENISON STEAK

Cook the same as Broiled Beefsteak; serving it rare instead of well done. Melted butter, pepper, sauce and lemon juice are the only seasonings needed.

PAN-BROILED VENISON

Place steaks or chops in a hot, iron frying pan in which a bit of salt pork has been heated. Remove the pork and any more fat than barely coats the pan. Cook as directed for pan-broiled chops and serve with browned chestnuts which have been boiled till tender. If desired, the chops may be breaded when almost done and finished like Breaded Veal Chops. Cook only long enough to remain rare.

BAKED WILD GOOSE

After plucking, drawing and singeing the bird soak for twelve hours in salted water. If the goose seems at all old cut up a large onion, slip inside the bird, sew up and simmer for an hour. At the end of that time remove the onion and stuff the bird with a plain bread stuffing or one of mashed potatoes seasoned with salt and pepper, chopped onion and celery. Sew up, truss and put

into the baking pan, with strips of fat pork across the breast and tied in place if the goose is not fat enough to furnish dripping for basting.

Put a small quantity of water in the pan with salt and pepper and baste frequently. Keep a moderate heat and turn the bird in order to brown evenly. Serve with apple sauce and giblet gravy.

HARES

Skin the hares and, if for baking, truss them. Be sure to remove the thin muscular membrane that extends from the flank across the intestines as this is what gives the strong objectionable flavor to hares.

If the animal is to be broiled split and wipe inside and out with a damp cloth. Rub the legs and shoulders with butter or olive oil and place in a deep earthen dish with an onion, sliced, a few sprigs of parsley and thyme, a bay leaf, crushed, and half a cup of water with one tablespoon of salt and a teaspoon of pepper. Let the hare lie in this for twenty-four hours, covered with another dish.

When ready, drain, cut deep gashes into the thick part of the back, rub well with oil or butter and broil over a clear fire, turning often to prevent the escape of the juice. When well done place on a hot platter, dot with butter, season with salt and pepper and garnish with parsley.

If preferred the bones may be removed and the muscles shaped to resemble the body.

HARE PIE

After skinning, joint the hare and cut each piece into half. Save the blood. For a pair of hares chop a pound of veal very fine, also one onion, a sprig of parsley and add salt and pepper. Add one pound of sausage.

Soak the hare in salt and water for twenty minutes then stew slowly in water to cover. When almost tender take up the pieces, thicken the gravy, adding salt and pepper, also butter. Put all into an earthen dish, well buttered. Begin with a layer of hare; next place a layer of the veal and sausage mixture. Hard boiled eggs may be sliced and added as a layer.

When all the material has been used in alternate layers cover with bacon or fat corned pork. Pour in the blood and gravy, the juice of half a lemon and one cup of grape juice. Cover with a good pastry crust and bake in a moderate oven for an hour. Brown slowly.

ROAST HARE

If the hare is an old one lard with strips of bacon or salt pork. Boil the liver, chop fine and mix with bread crumbs and a slice

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of fat salt pork and good forcemeat. Season with salt, pepper and herbs. Moisten slightly with the water in which the liver was cooked and add a well-beaten egg.

Stuff the body with this dressing and sew or skewer into shape. Put into the roasting pan and baste with milk. Bake for one hour and a few minutes before the hare is done dredge with flour and spread with butter. When this cooks to a froth remove to a hot dish add a thickened gravy to which has been added a few drops of onion juice and a tablespoon of lemon juice or currant jelly.

POTTED PIGEONS

Pluck and clean the birds, truss into shape and tie, dredge with flour and sprinkle with salt and pepper. Into an earthen jar put thin slices of bacon or salt pork. Place the pigeons on this, add a few slices of onions, and add boiling water to cover. Stand the jar where it will simmer steadily for two hours and keep closely covered. When the pigeons are tender place on a hot dish. Skim the fat from the gravy, thicken with flour and butter, creamed together; add a tablespoon of cream and a little lemon peel. Pour the gravy over the pigeons, garnish with parsley and lemon slices.

Before potting the pigeons may be stuffed with a dressing made of bread crumbs, the giblets minced fine, with a little minced suet, parsley and majoram.

WOODCOCK

To broil, remove the eyes and skin the heads. Split down the back without separating, season well, dip in oil or fat, tuck the bills into the breasts and broil well over a clear fire, allow four or five minutes to each side and serve on dainty slices of brown toast. Spread maître d'hôtel butter over the birds and put crisp slices of bacon around.

TO ROAST WOODCOCK

Put one or two cranberries inside each bird, truss with the legs close to the body. Lay each bird on a slice of toast and roast for half an hour, basting frequently with butter.

PARTRIDGE

In whatever way it is cooked partridge needs plenty of butter as the meat is very dry. Season well in any case. If for broiling, split down the back into halves, dip in oil and broil seven minutes on each side. Have ready slices of fried brown bread, and crisp bacon. Spread the partridge halves with maître d'hôtel butter, place on the bread and garnish with the bacon.

Twenty minutes in a hot oven is long enough for roasting if the birds are wrapped in thin slices of salt pork. Partridges

may be sauted in butter and then made into a pie or cooked in a casserole after being browned in a frying pan. One cup of beef broth and the sauce of tomato purée should be poured over the bird in the casserole then add seasoning. There must be a tight cover on the casserole and the birds must cook three-quarters of an hour. Serve on slices of toast.

VEGETABLE COOKERY

JERUSALEM ARTICHOKES

Peel the tubers, cut into even-sized pieces if any are too large to cook uniformly. Boil in clear water till tender. Drain and cover with a rich, white sauce. Reheat and serve hot. These take the place of potatoes and, while they are good with any sort of meat or with chicken, they are especially nice with pork tenderloin.

FRIED ARTICHOKES

Artichokes that have been quartered and boiled are sprinkled with salt, pepper, and minced parsley, dipped in batter and fried in deep fat. The leaves should be trimmed rather short when fried in batter.

ASPARAGUS

Cut away the stalks if at all woody. Trim away the outer skin if tough. Keep the stalks of even length as far as possible and tie into bunches of a dozen or more stalks, keeping stalks of uniform thickness together. Cook in a deep saucepan or the lower part of a double boiler, filling it with boiling water to reach half-way to the top of the bunches. Stand the bunches on end in the pan with the green tips out of the water. Cover the pan with another inverted pan if the stalks are too long to be covered otherwise. Cook till the lower part of the stalks are tender—from half to three-quarters of an hour. Keep the water boiling all the time. Never cook asparagus in simmering water or overboiling water. Serve with melted butter and salt or with Hollandaise sauce, on toast, or simply drained well.

GREEN STRING BEANS

These require at least three hours of steady boiling. Remove the strings and break the pods in even pieces. Wash and drain. Have ready a large pot well filled with boiling water, also a kettle of boiling water. Put the beans into the pot and as soon as they resume boiling add enough baking soda to cause the water to foam perceptibly—about half a teaspoon of soda to a pint of

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water. Boil for five minutes. Drain and then rinse well in several waters. Fill the pot with boiling water, add the beans and a piece of smoked bacon about the sized of the palm of one's hand. Also drop into the pot a very small piece of chili pepper-pod. Renew the boiling water as often as needed. The beans will darken somewhat in color because of the long cooking but will be very appetizing. Allow the water to boil away at the end of the three hours. Add salt during the last hour of the cooking, if needed.

SUCCOTASH

Cut green sweet corn from the cob, and during the last fifteen minutes of the cooking of green string beans drop the corn on top of the beans. Cover the pot and allow the corn to cook in the steam. Before serving, mix beans and corn thoroughly. Serve with corn bread.

WAX BEANS

Prepare for cooking the same as green string beans. Cook in boiling salted water after par-boiling in soda water. When tender, drain, and reheat in a very little hot milk and butter. These beans require only an hour or an hour and a half for cooking.

In some localities the yellow podded string bean (wax bean) is known as Butter Bean. In other localities the term Butter Bean is applied to the Lima Bean.

LIMA OR BUTTER BEANS

If not already removed from the pods, shell the beans, wash and put into boiling salted water. Keep the water boiling steadily, but not violently, for an hour or less, until the beans are dry and mealy inside. Drain and reheat in melted butter to coat each bean. Serve hot.

"SNAPS" AND SHELLED BEANS

In the fall of the year several varieties of string beans mature sufficiently to allow the beans to be shelled from the pods. At the same time the last growth of young pods is ready for use. The two kinds of beans are delicious cooked together, and are especially delicious with corn as succotash. Cook all in the same pot as directed for Green String Beans.

DRIED LIMA BEANS

One cupful dried lima beans, one-half cupful stock in which beans are boiled, one-fourth teaspoonful powdered thyme, one tablespoonful potato flour, one cupful milk, scalded, one tablespoonful onion, minced, one tablespoonful butter, one egg yolk.

Soak beans over night and cook until tender in boiling, salted water. Save the stock for the sauce. Melt the butter, add minced onion and cook to a golden brown, stir in the flour and thyme; gradually add the stock and cook until it begins to thicken. Add the scalded milk and when well blended, the beaten egg yolk. Finally add the boiled lima beans.

BAKED BEANS

Soak the beans overnight in cold or tepid water. In the morning, drain, wash well and remove all imperfect beans. Cover with cold water, add one-fourth of a teaspoon of baking soda and bring to the boil slowly. Continue boiling for three minutes but not longer. Turn into the colander, wash well and put into the bean pot with a piece of pickled pork nicely streaked with fat and lean. Score the rind the long way into narrow strips for slices. Add one tablespoon of sugar, one tablespoon of dark molasses, one-half teaspoon of salt, one-half teaspoon of dry mustard and a tablespoon of minced onion. Fill the pot with boiling water, cover and bake in the oven steadily for at least four hours. An all-day or all-night baking is better. Renew the water whenever necessary but do not let it come above the surface of the beans after the first has cooked down. Do not stir the beans except when the seasoning is added at first. The pork will rise to the top and form a fine, brown top. Beans cooked in this way will cause no unpleasant effect in the digestive system. Serve with these beans Boston Brown Bread, either baked or steamed and hot or cold.

The oftener these beans are warmed over the better they are. On the second day they combine well with baked potatoes and sliced raw onion salad.

PRINCESS BEETS

One tablespoon butter, two tablespoons vinegar, one-half cup water. Combine these in the order given and bring to a boil. Then add one teaspoon cornstarch, moistened with cold water. Cook until clear. This makes a transparent sauce for warmed-over beets.

BEET CHOWDER

One quart chopped, cooked beets, one quart chopped raw cabbage, one cup ground horse radish, two cups sugar, one tablespoon salt, one teaspoon black pepper. Cover with vinegar and cook well until tender.

BOILED BEETS

The younger the beets the better for boiling, although beets the size of a hen's egg are the ideal size. Try to secure those of

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uniform size. If this is not possible, begin cooking the larger ones from half to three-quarters of an hour before the smaller ones.

Trim off the leaves and stalks about an inch above the root. Wash the roots well but do not peel. Plunge into boiling unsalted water and cook till easily pierced with a broom straw. Cover with cold water and drain at once. Push off the skin with the hands. Also push away the stalks at the top. Cut off the long, pointed end. If not ready to serve, put into the top of the double boiler with melted butter to cover the bottom. Cover and keep the water in the lower part boiling. If the beets are large, cut into halves or quarters, or slice all across in rounds. Add pepper and salt before serving.

SAUCES FOR BEETS

For a sweet sauce, melt butter sufficient to glaze the beets, add half as much sugar as butter and salt to taste.

For a slightly sour sauce add two tablespoons of butter, four tablespoons of vinegar, one and a half teaspoons of sugar and salt and pepper to taste.

BRUSSELS SPROUTS

Trim away all withered or yellow leaves and soak the heads in cold salted water for five minutes. Drain and parboil in water containing one teaspoon of baking soda to every quart of water, after three minutes of steady boiling drain, rinse in clear water and cook in boiling water, uncovered, until the leaves are tender. Do not overcook as this renders sprouts very indigestible. When tender, drain, toss in melted butter or hot cream with salt and pepper.

BOILED CABBAGE

Cabbage may be cooked in clear water or with meat. The best meat to use is either fresh brisket of beef, corned beef, fresh pork or corned pork.

In either case the preliminary steps are the same. Cut away the imperfect outer leaves—two or three rows. Remove the other leaves one at a time and cut close to the midrib on either side and entirely across at the small end. This leaves a stalk and two portions to each leaf. Cut the small head of heart leaves into fourths. Put the midribs and leaves into boiling water containing baking soda as directed for Brussels Sprouts. Cook not longer than three minutes at a full boil. Drain and

finish cooking with or without meat. Many prefer to take some of the liquid in which meat is being cooked and use this for the cabbage in order to have the meat for slicing without the cabbage flavor.

NEW ENGLAND BOILED DINNER

This dinner consists of a choice cut of corned beef, boiled cabbage, boiled carrots, boiled potatoes and boiled beets. It is best to cook each separately although the original method was to cook all together except the beets. Since the corned beef needs longer cooking than the vegetables it can be started in a large pot holding a great deal of water. Later, some of this can be taken for the cabbage in a separate pot and some in another pot for the carrots. The potatoes may be cooked with either the meat or cabbage and the beets in clear water. Dish the meat on a large platter with vegetables around or in separate dishes.

COLCANNON

This popular Irish dish is usually made with cabbage and potatoes, but cauliflower makes a more delicate dish. Take about half as much cauliflower as potatoes, both of which must be boiled previously; chop them separately, and very fine. Put a little milk and butter in a stewpan, and, when boiling, add the cauliflower and potatoes, well mixed together. Place a plate over, and let them cook well through. Then add salt and pepper to taste; make the dish boiling hot, and serve. It is an excellent addition to a breakfast or hot supper. Another way to prepare is with strips of salt pork. Cut the pork into strips an inch long and as narrow as possible, fry them to a crisped brown, then turn in the chopped cauliflower and potatoes. Mix well with pork strips and fat, and make very hot. It is a delicious dish; a little vinegar is thought to improve it.

HOT SLAW

Cut the cabbage very fine with a sharp knife or cutter. Make a dressing of two yolks of eggs beaten slightly, one-fourth cup of cold water, one tablespoon of butter, one-fourth cup of hot vinegar, and one-half teaspoon of salt. Cook over hot water till thickened.

BELGIAN RED CABBAGE

Slice the cabbage very thin, add one cup of water, one-half cup of vinegar, one-half cup of sugar, two ounces of butter, six sour apples, salt and pepper to taste. Boil all for two hours.

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CREAMED CABBAGE

Boil cabbage as directed. When almost tender lift from the water and drain well. Chop or cut rather fine; put into a baking dish with white sauce; sprinkle buttered crumbs on top. Finish cooking and browning in the oven.

STEWED RED CABBAGE

Remove the outside leaves, divide the cabbage into quarters and trim away the centre stalk. Put into cold water for a few minutes, then shred into rather fine pieces. Pare, quarter, core and slice one pound of cooking apples. Put two tablespoons of fat in an enamelled sauce-pan and into this slice one large onion. Cook till soft, but not brown, add the cabbage and apple, half a teaspoon of salt and half a cup of water. Cover closely and let cook gently until tender—about two hours. Add more salt, if needed, pepper and one tablespoon of vinegar. If the apples are tart, use less vinegar. Fry small sausages and arrange around the cabbage or rolls of bacon. If served alone, add a little dripping or butter just before serving.

STUFFED CABBAGE ROLLS

Wash the cabbage leaves and cook for five minutes in boiling salted water. Drain and place on a board with inside of the leaf uppermost. Have ready a mixture made as follows: Wash half a cup of lentils, put into a sauce pan with two ounces of cooked bacon or pork cut fine and one large onion minced. Cover with stock or water and simmer till soft. Try to keep as dry as possible but add more water if needed. Season with pepper, salt and Worcestershire sauce or catsup; add one-half teaspoon of mint chopped fine. Mix well and divide evenly among the cabbage leaves. Fold the leaves into neat rolls. Place rather close together in a baking dish, add enough stock or water to cover the rolls three-fourths of their depth and let them simmer slowly (covered) until the stalks of the leaves are tender. Lift on to a hot dish, make a thickened gravy, add seasoning to taste and pour around the rolls.

CARROTS

Cook the carrots without scraping and remove the skins when the carrots are tender. Cut into pieces, season with salt and pepper and butter to coat. A very pretty effect is produced by combining buttered beets and buttered carrots in the same dish. Buttered peas are also pretty in combination with carrots.

CAULIFLOWER

Cauliflower is cooked exactly the same as cabbage but the heads need a preliminary soaking of half an hour in salt and water. If the cauliflower is to be cooked whole place the head in boiling water with soda as directed for cabbage, drain, rinse and tie loosely in a cheesecloth square. Plunge into boiling salted water and cook uncovered, boiling steadily and gently until the stalks are tender. Lift from the water in the cheese cloth, drain well and place in the dish with Hollandaise or rich white sauce poured around, not over, the head.

CAULIFLOWER STALKS

The midribs of the large green leaves which surround cauliflower heads are edible and make a delicate creamed dish or salad. Peel the midribs after separating from the green leaves. Split the larger ribs into two or three strips. Soak in cold water until they begin to curl at the ends. Finish exactly as directed for cabbage.

CREAMED CAULIFLOWER

Separate the head into flowerets. Cook till tender, arrange in a buttered baking dish, add a rich cream sauce, cover with buttered crumbs and finish in the oven.

CELERY

Celery is cooked as a vegetable with white sauce and buttered crumbs or with tomato sauce and crumbs. Remove all coarse threads. Split the stalks into thirds or halves, trim off the leaves and cut strips into even lengths. Boil in slightly salted water until tender. This will take some time.

CORN ON COB

Use corn as soon as possible after it is gathered and do not remove the green coating until ready to cook the corn. Remove the silks, plunge the ears into boiling water and keep boiling for ten minutes. Serve at once.

STEWED CORN

With a very sharp knife cut a thin section from the grains on an ear of green corn. If the grains are very large remove another thin section. Scrape out the remaining soft portion, being care-

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ful not to remove the hulls or parts of the cob. Put all into a stew pan or frying pan. Add salt, a teaspoon or more of white sugar, a tablespoon of butter and one-fourth cup of cream or milk. Cook over a moderate fire for ten minutes and serve at once.

CORN OYSTERS

Prepare corn as directed for stewed corn. Beat an egg till light, add to the corn and seasonings and stir in enough flour to make as thick as pancake batter. Add baking powder in proportion to the flour. Beat well and drop by spoonfuls on a hot griddle or frying pan.

CUCUMBERS

Cucumbers should be pared and then sliced, diced fine or cut into lengthwise sections.

For stewing place in the top of a double boiler and cook till tender in their own juice. Add salt, pepper and butter and a very little thickening of flour if there is too much liquid. This method of cooking takes a long time but preserves the flavor of the cucumber. They may also be sliced, seasoned, floured and fried or cut into lengthwise sections, seasoned and covered with buttered crumbs and baked in the oven.

CUCUMBERS ON TOAST

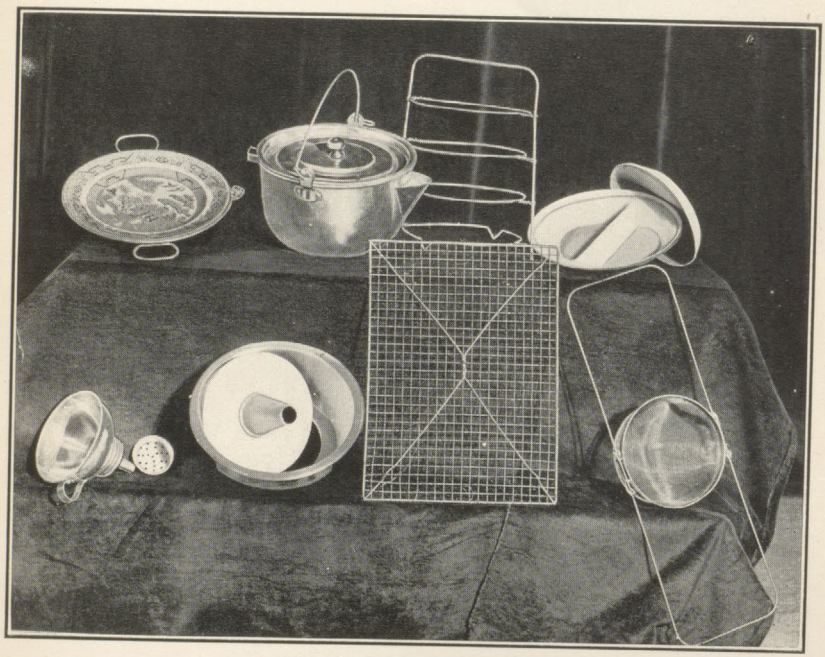
Cut cucumbers in half-inch slices and stew in water till tender, but not broken. Meanwhile boil a cupful of cream with a tablespoonful of butter, salt and pepper to taste. Drain the cucumbers, heat them in the cream sauce and serve on toast.

DANDELIONS WITH HAM OR BACON

Wash young dandelions thoroughly, place half a peck in a pan, cover with boiling water and allow to boil a few moments; drain thoroughly, cover scantily with fresh boiling water, add a pound of bacon or a ham, teaspoonful of salt, a quarter teaspoonful of pepper. Cover and cook until the meat is tender, and the dandelions are fairly dry. Serve with boiled potatoes.

FRIED EGGPLANT

Slice the egg plant after removing the green portion around the stem, pare and soak in strong salt brine for half an hour; put a weight on the slices to keep them under water. Drain, rinse, dry well and season with pepper and salt. Dip in beaten



A hot-water plate with screw-cap for filling the little reservoir underneath is shown at the upper left-hand; next is a delightful aluminum kettle, then a space-saving device, and then a two-section enamel baking dish, with cover. Below, is a wire cake-cooler, a wire strainer with extension handle to fit pans of several sizes, a cake-pan with removable bottom, and an aluminum filler with strainer section. Chapter on Up-to-Date Utensils describes these articles fully.

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egg and fine bread or cracker crumbs and saute in plenty of fat. Serve at once.

SCALLOPED EGGPLANT

Butter a baking dish and arrange the sliced or diced egg plant in alternate layers with grated cheese and tomato sauce. Finish with cheese and bake three-quarters of an hour in a moderate oven.

EGGPLANT WITH RICE

Butter a baking dish and fill with alternate layers of sliced or diced egg plant, cooked rice and mutton broth with a few bits of the tender, stewed mutton. Finish with crumbs on top.

STUFFED EGGPLANT

Cut the eggplant in half, lengthwise; scoop out the seeds and place the unpared halves in brine for half an hour. Drain and rinse. Wipe dry. Fill the cavities with minced meat, cooked rice and grated cheese seasoning as needed. Finish with cheese. Bake until tender in moderate oven.

BOILED ONIONS

Peel the onions and remove a small section from the root end. Trim the stem end and put the onions into boiling water with baking soda (one teaspoonful to a pint) for five minutes. Drain, rinse, cover with boiling water and cook uncovered till tender. Add salt the last half hour. When done lift the onions with a skimmer, draining well. Put into a tureen, sprinkle with pepper and bits of butter. White sauce or heated milk may be used if liked.

Instead of cooking the onions whole they may be cut into lengthwise slices and boiled. This lessens the time needed for cooking.

BAKED SPANISH ONIONS

Put the onions with their skins on into boiling salted water and cook for an hour. Take them out, drain, wipe, and wrap each one in a piece of buttered paper, set closely together in a pan and bake two hours in a moderate oven. Peel before sending to the table, season with butter, pepper, and salt.

ONION PIE

Boil onions and when tender place in a baking dish. Season with salt, pepper and butter. Add a little thickened cream or milk. Have ready a rich meat pie crust. Cover the onions with this and bake till nicely browned.

ONION DUMPLINGS

Cut rich pastry into squares; place a boiled onion in the centre of each square, season with salt, pepper and butter, draw the

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corners of the paste together over the onion. Place the squares on a baking tin and finish in a moderate oven.

FRIED ONIONS

Peel and slice the onions, turn into enough hot fat to coat the onions as they are stirred. Cook rather slowly at first to soften before browning. Drain off some of the fat and finish cooking, stirring often to prevent burning. Some persons prefer fried onions without seasoning.

SPRING GREENS

Many plants by the wayside or in fields or uncultivated garden spots furnish delicious greens early in the spring. One of the best is wild mustard. Dandelions, "pig weed", and various other early arrivals are good either alone or in combination. If the dandelion is gathered quite young its bitter taste has not developed enough to become disagreeable. Older plants require parboiling. The best meat for spring greens is the ham bone with some of the meat left on the bone. Next in order comes smoked side-meat or bacon. Corned pork is also good especially with the tiny cabbage sprouts that appear on cabbage stalks.

HULLED CORN (WITHOUT LYE)

Use field corn of last harvest and as it takes five hours boiling, do as much at a time as possible. About two quarts is well, as it doubles in size while cooking. Cook in any kind of dish but aluminum (on account of the soda). To each cup of shelled corn add two level tablespoons baking soda; cover well with water and boil three hours. Add more water if needed to keep the corn covered, but no more soda.

Then test the kernels. It takes about one hour to extract the hulls in a cold water bath, by rubbing them off by hand. You will see they are held on by a little black speck. Now wash well and boil half an hour to extract soda. Change the water again, add one level teaspoon salt and one tablespoon of sugar to each quart and finish boiling. Drain and put into a crock and set away. It can be used from as desired. Delicious, eaten with milk and sugar, or seasoned as a vegetable, butter, pepper and salt.

VEGETABLE MARROW

Peel and quarter the marrow. Pare and remove the seeds. Cut across into half-inch slices. Brown one small onion, sliced, in two tablespoons of lard, add a spoonful of minced parsley and the marrow. Fry slowly for ten minutes; add pepper and salt and simmer till the marrow is tender. Lift from the liquid, add a spoonful of flour made into a paste with milk and cook till thickened. Put the marrow into a hot dish and pour the sauce over, if liked.

STUFFED VEGETABLE MARROW

Peel the marrow and boil in salted water till just tender. Cut into half, the long way, and remove the seeds. Lay the halves on a baking dish or granite pan. Peel one onion and chop fine. Cook till yellow and soft in two tablespoons of dripping or lard, add four tablespoons of flour and a little more dripping, if needed, to cook the flour. After a minute add one cup of good gravy if you have it. If not, use milk or tomato juice. When the sauce boils and thickens smoothly, add pepper and salt and three-fourths of a cup of minced meat left from a roast or steak. Let it all come to the boil and then fill into the marrow shells. Cover with buttered crumbs and bake to a good brown on top. The seasoning may be varied by the addition of savory herbs or good meat sauces.

BOILED PARSNIPS

Peel the parsnips, trim where necessary and cut the roots across into sections. Cut again lengthwise into slices or sections. Boil in salted water till tender. If the roots are very large the centres will be woody and will not cook. They should be trimmed away when preparing the vegetable. When tender, drain, toss in melted butter or serve with a good white sauce made with milk or cream.

FRIED PARSNIPS

Cut the parsnips into uniform pieces and cook till tender in boiling salted water. Drain, dip in milk and then roll in corn meal. Saute in dripping or bacon fat. Butter is not a good medium for frying, as it burns at a temperature much lower than that necessary for cooking food and burnt butter is exceedingly indigestible.

PARSNIP STEW

Fry four slices of fat salt pork until a nice crisp brown. Add four parsnips scraped and cut in slices lengthwise, four sliced potatoes, and a little pepper. Simmer for twenty minutes, pour in sufficient hot water to cover and let cook one hour. Just before serving, add two cups of hot, sweet milk and a dozen oyster crackers, split in halves.

BAKED PARSNIPS

Cut four or five parsnips in slices and put them in a casserole with three cups of brown gravy, left from fricasseed chicken or meat or stewed veal or lamb. Let bake until parsnips are tender and serve in dish in which they were cooked.

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BOILED GREEN PEAS

Shell the peas and cook in boiling salted water with a level tablespoon of sugar until the skins are wrinkled or, in the case of more mature peas, until they are quite mealy. Drain and toss in melted butter.

PEAS AND CARROTS

Boil each vegetable separately until tender. Combine and add melted butter.

GREEN PEPPERS

Split the peppers in half lengthwise. Remove the stem and all the white membrane and seeds. Parboil in clear water for five minutes. Drain and fill the halves with minced meat, seasoned tomatoes with bread crumbs or rice. A combination of any two or all of these is good. Cover the top with buttered crumbs and bake till the cases are soft but not shapeless.

SALSIFY

Salsify, or Oyster Plant, is at its best in cream soup or fried. To prepare the roots, trim and scrape. Cut into lengthwise slices and put at once into water containing a little vinegar, in order to preserve the color. Drain, wipe dry, season with salt and pepper, dredge with flour and saute carefully. If preferred the salsify may be cooked first in salted water till tender, drained, mashed and seasoned with butter, salt and pepper, mixed with a spoonful of dry toasted crumbs and formed into short cylinders. Roll in flour or crumbs and fry.

CREAMED SALSIFY

Cook as directed for mashed salsify and serve with rich white sauce.

SPINACH AND SWISS CHARD

Wash the spinach (after removing roots and yellow leaves) in boiling water. Drain instantly and plunge into cold water. Dip up and down until the leaves are free from sand, changing the water as often as necessary. Drain, and if the spinach is young, put it into the enameled kettle without water. Cover and cook twenty minutes or until tender. Lift the leaves occasionally to prevent burning. If the leaves are mature, add half a cup of water when beginning to cook.

Cut the spinach into rather fine portions or mince very fine as desired. Season with salt, pepper and butter or oil and, if liked, a tablespoon or more of vinegar.

Swiss Chard is easily cleaned and may be soaked an hour or more in cold water. Cook in water to cover and when tender,

drain. Turn into a hot kettle, cut rather fine, season with salt and butter.

BAKED SQUASH

Cut the squash into portions for serving. Bake in the oven till soft. Serve in the shell, allowing each person to season to taste, or scrape the baked squash from the shell, season with salt, pepper, butter and a tablespoon of cream. Beat well and serve hot.

FRIED SUMMER SQUASH

The green summer squash that resembles a vegetable marrow in size and shape, is a valuable adjunct when fried. Cut in slices and pare but do not remove the seeds. They should be very tender and young. Sprinkle each slice with salt and pepper, roll well in flour and saute in plenty of hot (but not smoking) fat. When nicely browned and tender lift out the pieces, drain off all the fat but two tablespoonsful, add a bit of salt and the same amount of flour as fat. Stir well until a fine brown. Add milk gradually and cook to the proper thickness. Pour around the slices.

POTATO LOAF

Two cups of mashed potatoes, four tablespoons of minced onion, two tablespoons of green or red sweet pepper, one-half cup of tomatoes, one egg, one teaspoon of salt, one cup of ground peanuts.

Mix well, turn into a greased baking dish, brush the top with melted dripping or bacon fat or sprinkle with buttered crumbs. Bake till heated through and nicely browned.

POTATO PUFF

To two cups of mashed potatoes seasoned nicely and beaten very light with three or four tablespoons of hot cream or hot milk, add the well beaten yolk of an egg stirred into half a cup of hot milk. Beat very light. Fold in the stiffly beaten white of an egg and drop into a buttered baking dish. Brown nicely in the oven. Serve in the baking dish. This may be dropped onto a buttered baking tin and when browned lifted with a cake turner onto a hot platter.

POTATOES ON THE HALF SHELL

Bake large potatoes and when done cut into halves the long way. Scoop out the insides quickly into a warm pan. Mash, season well and beat till very light. Add a bit of finely minced parsley, a tablespoon of grated onion, a bit of very finely minced beef, ham or fish or the mixture for Potato Puff. Fill the shells, rounding the tops nicely. Brown in a hot oven. Grated cheese over the top is an addition.

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SCALLOPED POTATOES

Use either raw potatoes or baked or boiled. Pare and arrange thin slices in layers in a buttered baking dish. Sprinkle each with flour, pepper, salt and bits of butter. Grated cheese may be used with the layers, if liked. Finish with the seasoned potatoes and fill the dish almost full of milk. Cover the top with buttered crumbs. Bake until raw potatoes are done or the others thoroughly heated and the crumbs browned. Add milk as needed.

BELGIAN BAKED POTATOES

Wash, pare and slice potatoes into lengthwise sections, eighths or smaller, according to the size of the potatoes. Toss the pieces into melted fat and turn to coat well. Arrange on an oiled pan, season with pepper and salt and bake in a moderate oven till puffed and browned. Serve at once.

PAN-BROWNED POTATOES

Boil potatoes till well done but not broken. Have ready a pan with two tablespoons of hot lard and toss the potatoes in this fat until well coated. Shake constantly over a good fire until nicely browned.

HUNGARIAN POTATOES

Brown one tablespoon of onion in three tablespoons of fat. Add to this one quart of diced potatoes previously cooked, two cups of tomatoes, one teaspoon of salt and a few grains of cayenne. Turn into a greased, covered baking dish and cook for forty-five minutes. Sprinkle minced parsley over the top and serve.

FRIED POTATOES, SPRING STYLE

Pare the potatoes and cut into slices half an inch thick. Season with salt and pepper and dredge with flour. Cook in plenty of hot lard, being careful to have the potatoes well done before browning.

POTATO SURPRISE

Prepare nicely seasoned mashed potatoes. Butter individual molds, sprinkle thickly with grated cheese and line the molds for one-fourth inch with the mashed potato. Fill the centre with minced meat or fish nicely seasoned and moistened slightly with cream or white sauce. Cover with the potato. Heat thoroughly for half an hour in a hot oven. Invert the molds, first running a thin-bladed knife around if necessary. The cheese should be well browned.

POTATO CAKES

Season cold, boiled, mashed potatoes with salt, pepper and a dash of cayenne, add a small bit of butter or a tablespoonful of

cream, or the yolk of an egg. Beat well, then shape in small cakes and roll in flour, or roll out one inch in thickness on a floured board, and cut into cakes. Butter a hot omelette pan, put in the cakes, and brown each side, adding butter as needed to prevent burning.

"STOVE TATTIES"

Peel potatoes and cut in not very thin slices. Put in kettle with a sliced onion, a spoonful of dripping or butter, pepper and salt, and sufficient milk to cook them. There must be no milk when cooked and bottom potatoes are brown. Any odds and ends of meat can be put into this. Best made in iron pot.

"STOVE TATTIES" No. 2.

It is the steam that makes this such a good dish. The potatoes are peeled and sliced raw into a saucepan, with onions added, peeled and sliced, on top of the potatoes, adding a heaped tablespoon dripping or bacon fat, salt, and a good shake of pepper. Then pour on one cup of cold water and cover up close. Cook slowly for three quarters of an hour. The potatoes must be raw and the water must be cold; this is important. It makes a delicious dish to eat with cold meat or fish.

SWEET POTATOES

Sweet potatoes can be prepared and baked in their jackets the same as white potatoes. They can also be mashed and seasoned with butter, salt and a very little cream. Cold sweet potatoes are good sliced and fried in sweet fresh lard. They are also good scraped and boiled. They are an almost indispensable accompaniment to roast pork, being baked in the pan with the roast. Canned sweet potatoes may be mashed, seasoned with salt, pepper and a dash of cinnamon, then shaped into rolls about three inches long and baked in a dripping pan with pieces of butter on each roll.

SWEET POTATOES WITH MOLASSES

Use mashed, sweet potatoes, seasoning with pepper, salt and butter. Moisten with cream, beat five minutes and turn into a buttered baking dish. Leave the top quite rough. Boil two tablespoons of molasses and one teaspoon of butter for five minutes and pour over the top of the potatoes. Bake till delicately browned.

STEWED TOMATOES

Peel ripe tomatoes and put into a granite pan with stale bread broken into bits or cut into fingers. Use about one-fourth as much bread as tomatoes. As the tomatoes soften, break them

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into pieces with a spoon, add salt, pepper, sugar and flour. Stir well and cook slowly until well softened. Allow about half a teaspoon of salt and a tablespoon of sugar to five medium-sized tomatoes. When nearly done add one rounding tablespoon of butter and one-eighth teaspoon of baking soda with one fourth cup of sweet milk.

STUFFED TOMATOES

Choose tomatoes with firm skins. Cut out a small section around the stem, scoop out the seeds and save the juice. Invert the tomato cups and allow to drain ten minutes. Sprinkle the inside with salt and pepper and fill the cups with cooked rice or a mixture of cooked rice and minced meat, nicely seasoned. Cover the top with buttered crumbs. Bake in a moderate oven until the tomatoes are cooked but the skins unbroken.

FRIED TOMATOES

Use either ripe or green tomatoes that are firm. Wash and remove the stems and imperfections. Cut into rounds half an inch thick. Dip into flour that has been seasoned with salt and pepper. Allow to stand for a few minutes and cover both sides once more with flour. Have ready a frying pan containing enough melted fat to float the pieces. Fry slowly till browned nicely, turning as soon as one side is browned. Lift with a flat skimmer and drain on soft brown or white paper in a warm oven. Pour off almost all the fat, add sufficient flour to make a brown sauce. Cook and stir until the flour is a light brown. Add milk slowly and cook till smooth and sufficiently thick. Put the gravy in a separate dish, or pour around the pieces on the platter.

FRIED TOMATOES AND BACON

Fry the bacon till crisp, remove from the fat and add to the hot fat, ripe tomatoes cut into slices. Season with pepper and salt (if needed) and cook ten minutes.

TURNIPS

Whether white or yellow, the turnips should be pared and sliced. Cook in boiling water till tender. Drain and season with salt, pepper and butter. The yellow turnip requires long cooking, unless cut in fine dice. Either variety is very good if mashed after draining.

WHITE TURNIPS WITH BRISKET OF BEEF

Stew the brisket slowly, seasoning nicely. Half an hour before serving drop white turnip, sliced, into the pot and cook with the meat.

VEGETABLE ESCALLOP

Butter a shallow baking dish, and in it place a variety of left-over vegetables—lima or other beans, peas, canned corn, potatoes, carrots, the two latter cut in cubes—sprinkle with salt and pepper and pour over it a cupful or more of canned tomato or tomato puree. Sprinkle thickly with crumbs or cover with small, thin slices of buttered bread (use a cold biscuit or two if at hand) dipped quickly in water. If crumbs are used, dot with butter substitute. Brown quickly in a good oven. This vegetable escallop makes an excellent main dish.

VEGETABLE TOAD-IN-THE-HOLE

One cup of beans, peas, or lentils cooked; one cup of cooked root vegetables. These may be mixed in any proportion. Season nicely with parsley, salt, pepper and herbs. Spread in a buttered baking dish. Cover with bits of dripping and an ounce of grated cheese. Have ready a pancake batter made with one egg and let it stand at least an hour. Add the baking powder just before using. Pour this batter over the vegetables and bake slowly until risen. Serve when brown.

Bits of bacon, cold meat or sausages may be added to the vegetables and require a little longer cooking.

VEGETABLE SAUSAGES

One cup of cooked lentils or beans, one cup of any root vegetables, except potatoes, cooked and diced (there may be a mixture amounting to one cup in all) six ounces of cooked barley; two onions peeled and chopped; three or four tomatoes; a tablespoon of chopped parsley; one-fourth teaspoon of mixed herbs; one teaspoonful of vinegar; salt and pepper. Cook the onion till soft in the fat, chop all the coarse ingredients till rather fine and mix all together. Shape into rolls; brush each with butter and roll in crumbs or flour. They may be brushed with egg if preferred. Fry in deep fat and serve on a hot dish with a pyramid of hot mashed potatoes in the centre. A rich brown gravy may be poured around.

PIES, PASTRY AND PIE FILLINGS

GENERAL RULES IN PASTRY MAKING

Rules to be observed in the making of good pastry are few in number and very simple, but they are not to be ignored. First of all, the flour must be of the kind known to the trade as pastry flour.

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It differs from bread flour in that it contains less gluten, requires less moisture and does not develop the toughness and elasticity which is an essential to good bread flour. It is difficult, if not impossible, to make short, light, tender pastry from bread flour. The pastry maker must learn her flour.

Choice of fat is also important and also the proportion needed for the flour used. In general, four tablespoons of lard are sufficient for one and a quarter cups of flour.

Perhaps more failures in pastry making are due to the wrong use of liquid than to any other cause. The amount of water used is of far more importance than the temperature. No set rule as to amount can be given except by results. When the fat and flour have been properly proportioned and blended the result will be a dry, granular mixture, closely resembling coarse meal.

Only enough liquid should be added to this mixture to cause the particles to cling together. Indeed, there should be several spoonfuls of the granular mixture that remain dry. The reason is that the mass seems to become softer after standing for a few moments. Gentle rolling and pressing may cause the dry portions to adhere finally. If not, add liquid by very scanty quantities. The pastry when ready to be rolled must not be the least bit wet or even damp. It must simply be soft. There is a very decided difference between these two conditions.

After the pie is ready for the oven care must be exercised in the baking. Pastry needs a good bottom heat to start and a moderate heat for finishing and browning. The first ten minutes should be devoted to starting the bottom crust to bake.

QUICK PUFF PASTE

One-half cup of flour, one tablespoon of lard and half a cup of butter. Blend flour and lard moisten only enough to hold together. Roll into a sheet and dot with bits of butter, using one-third of the quantity measured. Roll over and over, into a sheet, cover with butter as before. Repeat until all the butter has been used. Instead of rolling, the sheet may be folded from ends to centre and then doubled.

REGULATION PUFF PASTE

For rolling the paste use a smooth wooden board and wooden rolling-pin with handles. The ingredients for the paste are one pound of butter to one pound of pastry flour, and just enough very cold water to moisten it sufficiently. Reserve two tablespoons of butter and rub the remainder into flour with the tips of the right hand. Moisten to a dough with cold water, turn on a slightly floured board, and knead one minute only, then cover with a towel and let stand five minutes. Then pat and roll out one-fourth inch thick, keeping the paste a little wider than long and the corners square. Do not use pressure on the pin, nor roll it over, but press it out lightly with little taps and rolls. If the square shape cannot be obtained by the use of the pin, draw to shape with the fingers.

Now place the butter on the centre of the lower half of the paste, cover the butter by folding down the upper half of the paste over it. Press the edges firmly to enclose as much air as possible. Now fold the right side of the paste over the enclosed butter, and fold the left side under it, thus making even layers on each side of the butter. Turn the paste half-way round, cover with a towel and let stand five minutes on the board; then pat and roll to one-fourth inch thick, keeping the paste longer than wide, lifting often to prevent sticking and dredging the board lightly with flour when necessary. Now fold again from the ends toward the centre, making three layers, when folded. Cover, and let stand five minutes. Repeat the operation from the same stage, twice, as given above, turning the paste half-way round each time before rolling. After fourth rolling, fold the paste from ends to centre, and double making four layers, then put in a cold place and chill, then pat and roll and shape for baking as desired. If paste is to be kept for several days wrap in a napkin and put in a covered tin pail, which put in a cold place, but do not allow it in contact with ice, nor allow it to freeze. Puff paste should never be used for lower crusts of pies. Plain paste should be used for under crusts where such are needed, and the puff paste should be used only for the rims or upper crusts. It can be used for patties, tart shells and fancy pastry of any kind.

To Bake Puff Paste—The baking of puff paste requires as much care as the making. After shaping, chill thoroughly again before baking. Puff paste requires a hot oven, greatest heat from the bottom, that the paste may properly rise. While rising, it is often necessary to decrease the heat by lifting the covers of the range or using the check. Turn frequently that it may rise and brown evenly. When risen its full height, slip a pan beneath to prevent burning.

EASY PIE CRUST

One woman who couldn't master the usual recipe for pie crust tried the plan which campers often resort to of using a sort of "glorified biscuit dough" for the purpose—and there is no danger that this will not turn out well. Mix and sift together a pint of flour, a teaspoonful of baking powder, one-half teaspoonful of salt. Rub into this two heaped tablespoonfuls of butter and two heaped tablespoonfuls of lard and make into a soft dough, moistening as needed with cold water. Roll this as the usual pie dough into as thin a sheet as possible and place it on a buttered pie tin, cutting around the edge with a sharp knife. Moisten a silver fork and press around to keep the dough from slipping from the tin.

Allow these crusts to bake in a moderate oven till they are thoroughly light and crisp. They can be kept several days in a dry, covered box and form the basis for many delicious desserts.

GOOD PLAIN PASTRY

A good plain crust for meat pies, apple pies, etc., is made by using one cupful of clarified beef or pork dripping, or shredded suet, to one quart of flour and about half a pint of water. Rub the shorten-

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ing evenly into the flour and work to a smooth dough with the water, but add it little by little. Do not knead or handle more than necessary, but pat and roll it out on a lightly floured board, and spread the top with bits of dripping, fold and again roll out to shape as desired.

PASTRY FROM DRIPPING

Put clarified dripping into a bowl; beat to a cream and add a few drops of lemon juice. Put half a teaspoon of baking powder in the flour. Use the same proportion of dripping as of other fat.

In making juicy pies cut the lower crust half an inch wider than the pan, turn the extra crust over the top edge, pinch both together and if the fruit is very juicy insert a paper funnel in the centre opening. Remove the funnel when the pie is baked.

In making tart-shells, invert a tin, cover the bottom and sides with pastry, trim neatly and place the inverted pan in the oven raised very slightly above the oven bottom. If the crust is to be used as usual in a tin, and baked before the filling is added, fill the tin with dried rice or beans instead of pie filling. Bake the shell and remove the rice or beans.

Deep gem pans make very good tart tins.

In baking lemon and other cream pies cook the filling before putting it into the pastry. The pastry need not be baked first if properly made.

APPLE PIE

Line a tin with paste and fill with tart apples pared, cored and sliced very thin. Distribute evenly, rounding towards the centre and filling in well around the edge. Cover with sufficient sugar, dust with cinnamon or nutmeg and with tiny bits of butter. Cover with the upper paste and cut six slanting slits along the centre.

DUTCH APPLE PIE

Line a deep pie tin with paste and cover closely with tart apples, pared, cored and cut into eighths or, if the apples are large, into smaller sections of even size. Stand these in the pan with rounded side down. Make a sauce of flour, butter, sugar, and cinnamon blended and moistened with sweet milk. Cook till slightly thickened. Pour over the apples. The sauce should come about half way to the top of the apples. Bake without an upper crust.

DRIED APPLE PIE

Stew dried apples soft, in as little water as possible; sweeten to taste and add a few strips of orange peel or a slice of lemon; flavor with a very little spice. Put all through a coarse sieve, sweeten and season before putting in the pies. Stir in a beaten egg. Bake with two crusts, and heat before using.

BUTTERMILK PIE

Use the following ingredients for buttermilk pie: Four egg yolks, one pint of sugar, one pint of buttermilk, three tablespoons of butter, two tablespoons of flour or cornstarch, one teaspoon cream of tartar; beat eggs, sugar, flour and butter to a cream, add the other ingredients; reserve whites for the top of pie. This fills two pies. Bake shell partly. Fill and bake till done.

CARROT PIE

Scrape two medium-sized carrots, cut them in small pieces, and cook until very soft; drain well and force through a sieve or potato-ricer. There should be one to one and a quarter cupfuls of carrot. To the carrot, add a quarter teaspoon each of ginger and cinnamon, half a teaspoon salt, half a cup sugar, two eggs well beaten, and one and a half cups of milk. Mix well together and pour into a pie plate lined with plain pastry having a fluted edge. Bake in a quick oven at first to set the rim, and decrease the heat to finish the baking until the filling is set. One egg and one tablespoon of fine crumbs may be used in place of two eggs.

CARROT PIE No. 2

Cook carrots tender. Put through a colander. To one cup of carrots add one beaten egg, one tablespoon flour, one-half cup sugar, one teaspoon each of cinnamon and nutmeg, dash of cloves, one-half teaspoon vanilla, one cup milk. Bake until "set". It may be served with whipped cream and looks and tastes like pumpkin pie.

CARROT MARMALADE FOR PIE

Scrape and clean carrots, grate them, and for each cup of gratings take a cup of granulated sugar, two tablespoons vinegar, one teaspoon ground ginger, half a teaspoon salt; add a little water and boil twenty to thirty minutes, stirring frequently to prevent scorching; put this up in sealers or pickle jars, and keep, closed tightly, in a cold place. It won't freeze, and will keep the year round if put up carefully.

When making pie, make shell as for lemon pie, baked on top of an inverted pie-plate. The filling is one and a half cups carrot marmalade, one cup water, one and a half tablespoons cornstarch, a little more vinegar if liked, a tablespoonful of butter, a little more water to dissolve cornstarch, stir it in when boiling. When taken off the stove add lemon or other flavoring and pour into the baked shell. When cold put whipped cream on top.

DELICIOUS CHERRY PIE

Wash and seed a quart of cherries. Line a deep pie plate with rich pastry. Pour into the bottom of the pie one well-beaten egg. Over this sprinkle one-half cupful of granulated sugar and two tablespoonfuls of flour which have been sifted together. Spread the cherries in evenly and pour over the top another half-cupful of

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sugar. Cover with a top crust and bake in a moderate oven. The combination of flour and egg in this recipe prevents, in a great measure, the juice running out as it usually does when pies are made in the ordinary way. The flavor of the pie will also be greatly improved.

CHERRY OR CURRANT TART

Line the pie-tin with rich paste. Sprinkle over it about a level teaspoon of sifted flour and a little butter. Put into it the fresh cherries stemmed and seeded and mixed with half a cup granulated sugar. When baked, take from the oven and cover with a thin meringue, made of the white of one egg beaten to a stiff froth with a large spoonful of pulverized sugar. Return to the oven long enough to bake the meringue a light brown. Fresh currants may be used for this tart.

CUSTARD PIE

Line a deep pie tin with paste and fill with an uncooked custard made in the proportion of two eggs to each cup of sweet milk needed to fill the tin and two tablespoonfuls of sugar for each egg used. If wished, one white of egg may be saved out for a meringue, although the old-fashioned, regulation custard pie has no meringue. Sprinkle cinnamon over the top and bake carefully—hot for the under crust at first then reduced for proper cooking of the custard. When a sharp pointed knife can be inserted into the custard and withdrawn clean, the custard is done. Longer cooking will develop whey and cause the crust to be soaked.

CUSTARD-PINEAPPLE PIE

Make a rich custard, allowing two eggs and the yolk of another to each cup of milk used. When baked, place slices of pineapple or halves of canned apricots over the top of the pie just before serving.

CHOCOLATE PIE

Heat together one cup milk and two tablespoons grated chocolate. Mix one teaspoon flour in a tablespoon of cold milk and add to hot mixture. Add three-quarters cup sugar and the yolks of two eggs beaten to a cream. Flavor with vanilla, bake with undercrust, spread beaten whites of eggs on top and put in oven till light brown.

CURD FOR TARTS

Boil three quarts fresh milk; while boiling, mix together one pint buttermilk, one egg, one dessertspoonful flour, and add to boiling milk. Bring all to boiling again, then pour this into a cloth and allow to drain. When this is well drained, add to curd three eggs, one-quarter pound sugar, and currants, line tins with pastry and put a little of curd into each.

In the summer some of the curd set for cottage cheese can be used. To about two cups of this add three eggs, two ounces butter, one-quarter pound sugar and currants. This saves time, but the first is a smoother curd.

BANANA CREAM PIE

Line a pie plate with a rich pie crust and bake in the oven. Remove from the oven and fill the baked crust with a custard, made in the following manner: To one cup of milk add one-half a cup of sugar, one teaspoonful of salt, and the beaten yolks of two eggs. To one-half a cup of flour, add enough milk to make a smooth paste, and then enough to fill the cup. Combine the two mixtures. Cook in a double boiler until very thick. After taking from the fire beat the mixture until smooth and creamy, and add one teaspoonful of vanilla. Choose a large banana that is a little under ripe, rather than over ripe. Cover the top of the custard, which has been poured into the baked crust, with the sliced banana. Beat the whites of two eggs until stiff, adding one-fourth a cup of sugar, one-half a teaspoonful of baking powder, and one-half a teaspoonful of vanilla while beating. Pile the egg-white mixture lightly on the sliced banana. Set the whole pie in the oven, and let it become a delicate brown.

SOUR CREAM PIE

Mix together one cup chopped raisins, half a cup sugar, one and a half tablespoons flour, a few grains of salt, one teaspoon cloves, the same of cinnamon, and a few grains of nutmeg. Add this to one cup of thick, sour cream mixed with the yolks of two eggs and slightly beaten. Line a pie plate with flaky pastry, pour in the mixture, and bake about twenty-five minutes in a moderate oven. Make a meringue of the egg-whites and two tablespoonfuls of powdered sugar; heap on the pie and cook for ten minutes in a slow oven. The pastry should be flaky.

CREAM FRUIT PIE

Bake a deep pastry shell with a fluted rim of crust and when cold fill with the following: Scald three-quarters of a cupful of milk and thicken with four level tablespoonfuls of flour, blended with a quarter of a cupful of milk. Cook over hot water, stirring constantly until thickened; cook for four minutes and add one egg beaten with six tablespoonfuls of sugar and a few grains of salt. Cook for a moment to set the egg and flavor with a quarter of a teaspoonful of vanilla extract. After the shell is filled, cover with any sliced and sweetened fruit, as peaches or bananas, and arrange a meringue over all. Return to a slow oven to brown over.

SOME FILLINGS FOR CREAM PIE

Mix seven-eighths cup sugar, one-third cup flour, and one-eighth teaspoon salt, add two eggs slightly beaten, pour on gradually two cups scalded milk. Cook fifteen minutes in a double boiler, stirring constantly until thickened and afterwards occasionally. Cool, and flavor with one teaspoon vanilla or a half-teaspoon lemon extract. This can be used as a filling between two or three crusts, but should not be allowed to stand after the filling is put between the crusts, lest the pastry soften.

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Another filling is made thus: Sweeten three-quarters cup sweet cream, flavor with essence of lemon, whip quickly, spread on crust and set away in a cool place for several hours before using.

A third recipe is: Boil nearly one pint of new milk; beat two level tablespoonfuls cornstarch with a little milk, add two eggs. When the milk has boiled stir this in slowly with one scant teacup sugar and one-half cup butter. Boil this for three minutes, and when cool, flavor with lemon or vanilla.

BOSTON CREAM PIE

Cream one cup butter; add one cup sugar, gradually. Beat in the yolks of four eggs, beaten until very light; add, alternately, one cup of milk and three cups of flour, which has been previously sifted with four teaspoonfuls of baking powder; lastly, fold in the whites of four eggs, beaten dry. Bake in three round, layer-cake pans. Put the layers together with thick custard or cream and spread the top with a thin layer of confectioner's frosting.

CRANBERRY AND RAISIN PIE

Ingredients: Two cups cranberries, one cup Sultana raisins, three cups water, one cup sugar, one tablespoon butter, one teaspoon vanilla.

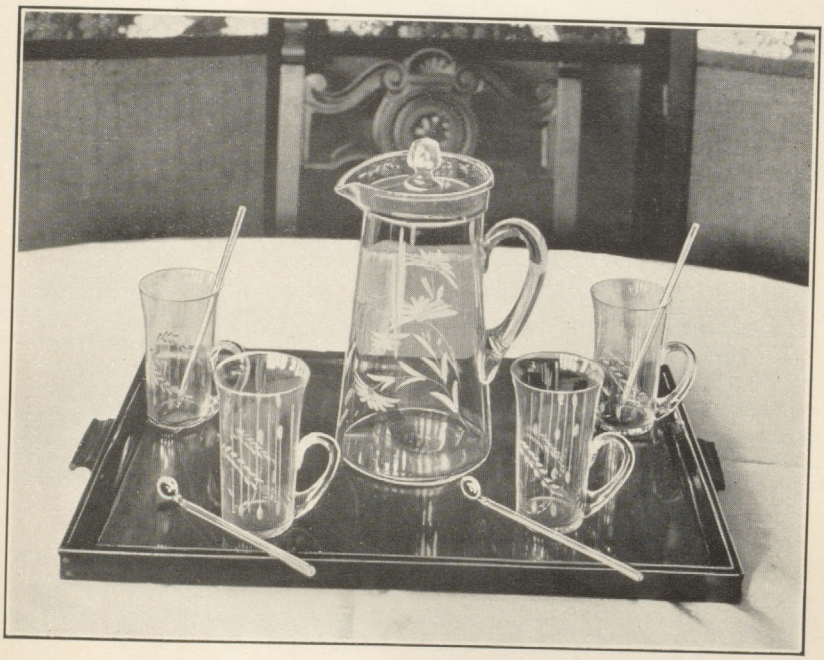
Put together in a saucepan the cranberries and raisins that have been previously cleansed, the water and sugar. Heat slowly and then cook until thick, watching that the mixture does not burn and stirring it from the bottom occasionally. Add to this the butter cut in small pieces and the vanilla; bake in an open crust.

FRUIT AND CREAM PIE

Line a deep pie plate or shallow pudding dish with pie crust; then fill the dish with the berries and sprinkle over them one-half cupful of powdered sugar. Roll the pie crust out a little thicker than for the upper crust of a pie and spread it over the berries, leaving the crust a little larger than the dish, and do not press down the edge. Bake in a moderate oven. Meanwhile, make a custard by placing a cupful of cream or rich milk over the fire in a double boiler and when it comes to a boiling point stir in half a teaspoonful of corn starch moistened with a little cold milk and one tablespoonful of sugar. Beat the whites of two eggs and add to the mixture. Cook a moment before taking from the fire. Set the dish containing the custard in a pan of cold water and stir until the mixture is cold. When the pie is baked carefully remove the top crust and pour the mixture over the fruit. Replace the crust and allow the pie to become cool before serving. Jam may be substituted for sugar if fresh fruit is not used.

ELDERBERRY PIE

Line a pie plate with a good crust, fill with berries. For a large pie use a cup of sugar mixed with a rounding tablespoon of flour, squeeze the juice of a lemon into this and put over the berries. Wet



A fascinating touch of color is given to this cut-glass lemonade set by the ruby tint of the glass spoon-bowls. The handles of these dainty spoons are hollow, with a perforation just above the bowl, and therefore can be used as "straws". The tray is mahogany.

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the edge of pie, put on upper crust and turn up the edges or bind with a strip of cloth. Prick the top of crust and bake.

GRAPE FRUIT PIE

Line a deep pie plate with paste; prick sides and bottom in many places, and bake until a delicate brown. In a saucepan stir and cook one cup of water, one cup of sugar, three tablespoons of corn starch, one-eighth a tablespoon of salt, and the juice of one grapefruit. Beat, slightly, the yolks of two eggs; blend these with a little of the hot mixture, and add, very slowly, to the contents of the saucepan, which have boiled five minutes. Remove from stove, as soon as the egg is stirred in, and set aside to become cold, when it is used as a filling for the pastry, which should also be cold. Beat the whites of three eggs until almost stiff, add, gradually, beating meanwhile, six tablespoonfuls of granulated sugar; then, slowly, beat in two teaspoonfuls of grapefruit juice; pile above filling in pie and let brown slightly in a moderate oven.

OLD-FASHIONED LEMON PIE

Line pie-plate with paste. Peel a lemon, slice very thin, and lay on paste, adding half the yellow rind, chopped fine. Mix together one cup of sugar with one-third cup of flour, cover the lemon with this and then pour over it cold water (about a cupful). Cover the pie with paste, and bake in a moderate oven for forty-five minutes. The cooking makes the filling a firm jelly, and the pie is very nice in flavor. Some slice the lemon without peeling, but the peel always remains rather tough.

LEMON SPONGE PIE

Beat to a cream three tablespoons butter; use one and a half cups of sugar, beating part of it into the butter, and the rest into three egg-yolks beaten light, then beat the two mixtures together and add the juice of one and a half lemons, and the rind if desired. Mix three rounding tablespoons of flour and half a teaspoonful salt (scant), with half a cup of milk, add to the first ingredients, then add one cup of milk and the whites of three eggs beaten dry. Fold in the eggs, turn into large agate pie plate lined with pastry, as for a custard pie.

IF LEMON PIE TURNS WATERY

A pie left in the oven too long, to brown the meringue, may become watery; or the filling may not have been sufficiently cooked before it was put in the shell; or not enough flour was used in the filling.

IF MERINGUE IS TOUGH

Meringue will be tough if browned too quickly, or if improperly made. Beat the white of the egg quite stiff, add two tablespoons of granulated sugar for each white. Beat in quickly and spread over the pie. Dry out and brown slowly.

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MINCE PIES

Best Mincemeat.—Three pounds beef tongue, one and a half pounds suet, three quarts apples, three pounds seeded raisins, two pounds currants, a quarter pound blanched almonds, a quarter pound candied orange and lemon peel, one and a half pounds citron, one tablespoon salt, one teaspoon cloves, two pounds granulated sugar, one cup black coffee infusion, one teaspoon cinnamon, one teaspoon nutmeg, one teaspoon allspice, one teaspoon ginger, two quarts grape juice, one cup orange juice, half a cup lemon juice, one cup currant jelly. Remove skin, roots, and fat from the freshly boiled tongue, chop rather fine, and add all the other ingredients chopped, except the orange and lemon juice and the currant jelly. Bring to a boil in a large, flat-bottomed kettle and simmer gently for one hour. Add the orange and lemon juice and jelly, cook fifteen minutes more, and seal in glass jars. This amount will make about seventeen pints.

Mince Pie: Old Country Recipe. Half a pound apples, one pound raisins, one pound currants, one pound sugar, half-pound fresh butter, half a small saltspoon cayenne pepper, and a teaspoon ground cinnamon. Pare and chop apples, stone raisins, clean currants, and mince all these very fine; then add sugar and spices; lastly, butter melted, and stirred well in. Paste for these—Bake short crust; butter well some patty tins, line with the paste, fill with mixture, cover on top with paste, wetting edges to make it adhere, prick round the edges, make a hole in the centre and four slits in the top cross ways; brush top with a little beaten egg; put in a good brisk oven. If they brown too soon, cover with buttered paper. Bake for thirty to forty minutes.

MEATLESS MINCEMEAT

Place in a mixing bowl four pounds of apples, one pound of peanuts, one pound dried apricots, one pound dried peaches, and one pound of suet, all of which have been chopped fine separately. Add two packages seeded raisins and one package currants. Chop fine separately and add to the above one quarter pound candied citron, one quarter pound candied orange peel, one quarter pound candied lemon peel. Then add two tablespoons cinnamon, one teaspoon each of mace, ginger, allspice, cloves, and salt, one pint jar of grape or other preserves, and one quart of molasses. Moisten with grape juice. Mix thoroughly, fill into jars, cover closely and set in cool place.

MOCK MINCE PIE

Ingredients: Four common crackers, rolled, cup and a half sugar, one cup molasses, one third cup lemon juice or vinegar, one cup raisins seeded and chopped, half a cup butter, two eggs well beaten, spices. Method: Mix ingredients in order given, adding spices to taste. Bake between crusts. This quantity will make two pies.

TOMATO MINCEMEAT

Two quarts green tomatoes, ten tart apples, one cup suet, one cup citron, two and a half cups brown sugar, two cups raisins, one cup vinegar, one-half cup molasses, one teaspoon cinnamon, one teaspoon cloves, one teaspoon nutmeg, one teaspoon salt, one orange (juice and grated rind), one lemon (juice and grated rind).

Chop and drain the tomatoes. Pour enough boiling water over to cover them and cook for twenty minutes. Drain again, add the apples which have been pared and chopped, the chopped suet and citron and the remainder of the ingredients. Boil slowly for one and one-half hours. Pour into hot sterilized jars and seal, or if to be used soon set aside in a cool place.

GREEN TOMATO PIE

One peck of green tomatoes, put through a food chopper. Boil, drain and add as much water as juice drained out. Scald and drain again. Add water as before, scald and redrain. This time add half as much water, then the following: Three pounds brown sugar, two pounds raisins, two tablespoons nutmeg, two tablespoons cinnamon, two tablespoons cloves, two tablespoons allspice, two tablespoons salt.

Boil all together, and add one cup of vinegar. Cook till thick as desired. Put in jars and seal.

To one pint of this mixture add one cup of chopped apple and the juice and peel, grated or ground. Sweeten to taste, fill crust and bake as the usual mince pie.

GREEN TOMATO MINCEMEAT

Soak the brined tomatoes for three hours. Chop fine and add the rest of the ingredients. Cook until thick. This may be kept if stored in sterilized jars, sealed and processed.

One pound tomatoes, one-half cupful shredded cocoanut or suet, one-half cupful brown sugar, one-quarter cupful vinegar, one-quarter teaspoon ground cinnamon, three-quarters pound chopped apples, three-quarters cupful molasses, one-half pound raisins, one-quarter teaspoon ground cloves, one-quarter teaspoon ground allspice, one-quarter teaspoon ground nutmeg.

KEEPING MINCEMEAT

Moistening mincemeat with vinegar ensures its keeping and the flavor is excellent. Rather more sugar is needed than if the vinegar is not used, and if the recipe calls for lemon juice it should be omitted. The use, also, of any canned fruit juices is very desirable.

ECONOMY MINCEMEAT

Two pounds of lean beef, finely chopped, two pounds of suet also finely chopped, a quart of corn syrup, a scant pound of sugar, three or four quarts of firm and tart apples chopped fine, three pounds of chopped seeded raisins, three pounds of finely chopped citron, two

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pounds of currants, two teaspoons of salt, a cup of strong coffee, two cups of grape or orange-juice, one teaspoon of cloves, one teaspoon of allspice, two teaspoons of cinnamon, and, if you have it, a cup of currant jelly. All these ingredients should be put together and cooked for two hours and then turned into an earthen crock.

OLD FASHIONED MOLASSES PIE

Mix half a pint of the best molasses with a tablespoonful of flour, and add the juice of a large lemon, and the rind and pulp, chopped fine. Bake with an under and upper crust.

DEEP PEACH PIE

If your intention is to make one pie satisfy the family, be sure and use a nice, large pie plate, "a deep one and wide." Line with a good crust, fill with fruit, sprinkle a teaspoon of corn starch and sweeten with a large cup of sugar. Moisten the edge, cover, and bake a golden brown. To season this pie would be to gild the lily.

PRUNE PIE

Wash three-quarters of a pound of prunes and soak over night in water to a little more than cover. Cook in the same water until tender, remove the stones and cut the prunes in halves. Season with a rounding teaspoon of butter cut in bits, a saltspoon of salt, a tablespoon of lemon juice and one-half cup of sugar. Turn into a paste-lined plate and cover with a good paste rolled rather thin. Bake in a hot oven and serve with powdered sugar scattered over the top.

RAISIN PIE

Stew one and a half cups of raisins till soft enough to mash through a colander. There should be about one and a half cups pulp. Add the yolks of two eggs slightly beaten, a quarter teaspoon salt, the juice and grated rind of one lemon, and a quarter cup of sugar. The sugar may be omitted if preferred. Cook the mixture and fill a baked crust. Beat the egg whites stiff and spread on top. Place in oven to brown slightly.

RASPBERRY PIE

Line a plate with good paste; look over carefully one pint of raspberries; spread them over the crust, heaping them in the centre; sprinkle over them two tablespoons of sifted flour and a teacup of sugar; brush over the edge of the crust with a thin paste (made by stirring a teaspoonful of flour into a little water); add the top crust. trim the edges neatly with a sharp knife and bake in a quick oven. Glaze with a thin meringue made of the beaten white of an egg and a tablespoon of pulverized sugar, the meringue to be added just before taking the pie from the oven, where it should remain long enough to set the icing.

RHUBARB AND RAISIN TART

Two cups rhubarb, one cup raisins, three tablespoons flour, one cup sugar, juice of one orange, one teaspoon grated orange rind.

Cut rhubarb in small pieces and mix with seeded raisins. Mix flour and sugar. Add orange juice and rind and the rhubarb and raisin mixture. Fill pastry-lined pie pan and lay strips of pastry across the top, lattice fashion. Put into hot oven. After ten minutes reduce heat and bake twenty to twenty-five minutes longer. Canned rhubarb may be used.

STRAWBERRY PIE

Line a pie plate with plain pastry and then fill with thinly sliced strawberries. Place in a mixing bowl three-quarters cup of sugar, four tablespoons of flour. Rub the flour and sugar together and then spread over the berries. Cover for a top crust with strips of pastry, cut one inch wide. Bake in a moderate oven for twenty-five minutes. Use the white of two eggs, one-half glass of jelly. Beat until the mixture holds its shape. Pile on the pie for a meringue.

SQUASH PIE

To one cup of strained, steamed or baked Hubbard squash add one cup of sugar, mixed with one teaspoon each of cinnamon and ginger, one-quarter teaspoon of salt, three eggs slightly beaten and gradually one cup of rich cream, stirring constantly until well blended. Line a deep pie plate with rich paste, wet the edge and lay around the rim a strip of pastry one inch wide; flute with the fingers, building it well up; brush over with the white of egg slightly beaten. Turn in squash mixture and bake thirty-five minutes in a moderate oven. The oven should be very hot the first ten minutes of baking, to "set" the pastry. Then reduce the heat and finish baking. Serve hot or cold; if served cold, cover with a meringue of whipped cream sweetened and flavored with orange extract. If the squash is very dry, use but three-quarters cup. The mixture will fill a pie plate measuring ten inches in diameter and one and three-quarters inches deep.

VINEGAR PIE

Boil together two cups of water, one cup of vinegar, one cup of molasses, two tablespoonfuls of butter, and from one-half to one cup of raisins. As soon as boiling has begun have ready mixed one cup, each, of sifted flour and dark brown sugar, and two teaspoons powdered cinnamon. Success depends on the thorough mixing of these, otherwise the pie will be lumpy. Remove the boiled mixture from the fire, and put in, all at once, and not gradually, the whole of the dry ingredients, mixed, then stir vigorously until the whole is smooth. Replace over fire, and keep stirring until the mixture is thick, but do not allow it to boil before pouring into the pastry-lined pie plate. Bake while still warm, without an upper crust.

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PUDDINGS

PLUM PUDDING

Half a pound stale bread crumbs, one cup scalded milk, a quarter pound sugar, four eggs, half a pound raisins, seeded, cut in pieces, and floured, a quarter pound currants, a quarter pound finely chopped figs, two ounces finely cut citron, half a pound suet, a quarter cup grape juice or orange juice, half a nutmeg, grated, three-quarters teaspoon cinnamon, one-third teaspoon clove, one-third teaspoon mace, one and a half teaspoons salt.

Soak the bread crumbs in milk, let stand until cool, add sugar, beaten yolks of eggs, raisins, currants, figs, and citron; chop suet and cream it by using the hand; combine mixtures, then add fruit juice, spices, and whites of eggs beaten stiff. Turn into buttered mould, cover, and steam six hours.

No. 2.—Two eggs, one and a half cups currants, one and a half cups raisins, one and a half cups suet, half a cup sugar, one cup molasses, half a cup milk, four cups flour, one teaspoon soda, one teaspoon cream of tartar, one teaspoon mixed spice. Boil or steam three hours.

No. 3.—Seven cups flour, one cup ground suet, one cup sugar, one cup molasses, two cups raisins, one and a half cups currants, half a cup lemon peel, three eggs, three rounded teaspoons cream of tartar, four rounded teaspoons soda, three rounded teaspoons ginger, two teaspoons salt, two teaspoons lemon extract, nutmeg and cinnamon to taste. Steam three hours.

No. 4.—One cup sugar, one cup suet, chopped fine, one cup molasses, one cup milk, sweet or sour, three and a half cups flour, two eggs, one teaspoon salt, half a package seeded raisins, one pound figs, chopped fine, one teaspoon cloves, one grated nutmeg, two teaspoons cinnamon, one teaspoon soda dissolved in a little water. Fill moulds two-thirds full, and steam three hours.

CARROT PUDDING
(Mock Plum Pudding)

No. 1.—One cup grated raw carrots, one cup grated raw potatoes, one cup sifted flour, one cup white sugar, half a cup seeded raisins, half a cup currants, half a cup butter, half teaspoon cloves, half a teaspoon nutmeg, half teaspoon cinnamon, one teaspoon soda in half cup grated potato saved till last, and added last of all. Flour the fruit well; steam three hours.

No. 2.—One and a half cups flour, one cup brown sugar, one cup beef suet, one cup stoned raisins, one cup currants, one cup grated raw potatoes, one cup grated raw carrots, one teaspoon soda. Steam or boil for three hours.

No. 3.—With one egg. One cup sugar, half a cup butter, one cup grated carrots (raw), one cup grated potatoes (raw), one cup

currants, one cup raisins, one egg, pinch of salt, one teaspoon soda, two cups flour. Steam three hours. One cup of molasses may be added in mixing.

No. 4.—One cup flour, one cup suet, one cup seeded raisins, three-quarters cup milk, half teaspoon nutmeg, one teaspoon cinnamon, one cup grated carrots, two ounces citron peel, one orange, one lemon, grated rind and juice of both, one tablespoon molasses, one cup bread crumbs, one cup currants, one cup sultana raisins, one tablespoon marmalade, half a teaspoon soda, half a teaspoon ginger, one cup brown sugar, two eggs. Steam for three hours.

CHOCOLATE PUDDING

Two tablespoons powdered gelatine, half a cup sugar, one quart milk, two ounces grated chocolate, one teaspoon vanilla. Boil for ten minutes milk, sugar, gelatine and chocolate, stirring all the time. Remove from fire, add vanilla, and when nearly cold beat for five minutes. Pour into wet mould and turn out when set.

COTTAGE PUDDING

One cup sugar creamed with two tablespoons butter, two eggs well beaten, half a cup milk, one and a half cups flour in which two teaspoons baking powder have been sifted. Mix as for plain cake, and bake twenty minutes.

RICE PUDDING

Half a cup rice, two cups milk, half a cup sugar, yolk of one egg, half a teaspoon nutmeg, half a teaspoon salt. Wash the rice well in cold water. Put in saucepan and add three cups boiling water. Cook slowly until the water is absorbed. Add other ingredients to the rice, then pour into a greased baking dish and bake in a slow oven for thirty-five minutes. Beat up the left-over white of egg and half a small glass of jelly until stiff, and place on top of pudding.

SAGO PUDDING

One-third cup sago, one quart milk, two eggs, half a cup sugar, a few grains nutmeg, and a teaspoon vanilla. Scald the milk, add the sago and cook until the sago is clear, about twenty minutes. Separate the eggs, add the sugar to the yolks and pour over the milk and sago. Return to the fire and cook slowly until the mixture forms a coating on a spoon. Take from the fire at once and add the vanilla and nutmeg. When slightly cool fold in the egg whites, beaten stiff, with one tablespoon sugar.

TAPIOCA PUDDING

Use one half cup tapioca, one quart milk, half a cup of sugar, two eggs, one teaspoon vanilla, and a few grains nutmeg. Follow the same method as given for sago pudding.

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CANNED MEATS, POULTRY, FISH AND SOUPS

FRESH BEEF

Cut into pound-pieces and bake or stew for half an hour. Lift from the liquid and season that to taste and allow to simmer until reduced to half, or even less. (Only enough is needed to fill the jars after the meat is in.)

Cut the meat into smaller portions for packing. Remove all gristle, bone and excess fat. Almost fill the jars, add one teaspoon of salt (for quart jar) and fill within half an inch of the top with the condensed gravy. Partially seal the jars and sterilize in the hot water bath for five hours. It is best to give this continuous cooking for meat, rather than the intermittent process so essential to vegetables, because bacterial action in meat would be most undesirable. The long sterilization removes any possibility of this.

UNCOOKED FRESH BEEF

Cut fresh meat into neat portions and free from inedible parts. Pack neatly in sterilized glass jars to within three-quarters of an inch of the top. Add the usual one teaspoon of salt (for quart jars) with any other seasoning fancied, such as pepper, celery or onion, but add no liquid. Partially seal and sterilize in hot water bath for five hours.

CANNING CHICKENS

Chickens not needed for the winter can be successfully canned. The many advantages are at once apparent. As with the meat, chickens may be canned, either cooked or raw. In either case the fowl must be dressed as soon as killed and the meat allowed to become cool before packing or cooking.

If cooked first, the fowl is cut for fricassee and cooked in water till the meat leaves the bones easily. It is then taken off in neat pieces and arranged neatly in the sterilized jar. Partially seal and sterilize in the hot water bath for three and a half hours. The bones and trimmings may be seasoned nicely, and simmered until a rich stock results. Reduce by more cooking, cover, and set aside till morning in a cool place. Unseal the jar containing the chicken, fill to one-fourth inch from the top with the boiling stock, partially seal and sterilize again for one hour. Seal.

If one does not wish to make the stock from bones and trimmings, simply fill with the gravy reduced while the jar is being packed. Give three and a half hours in the hot water bath.

UNCOOKED CHICKEN

Remove the bones from each portion. Pack the meat neatly in sterilized jars, add a teaspoon of salt, partially seal and sterilize in hot water bath for three and a half hours. No liquid is added.

CHICKEN STOCK

Where many chickens are canned the bones and trimmings should be utilized for chicken stock which would prove a boon in the case of a convalescent. Cover with cold water, add a little salt and simmer until the meat drops from the bones. Strain the stock, reheat the liquid and fill into sterilized glass jars, partially seal and give ninety minutes in the hot water bath.

CANNED FISH

Use nothing but absolutely fresh, untainted fish. Clean perfectly and wipe off with clean cloth, dipped in weak salt and water. After that the fish may remain for half an hour in a brine that will float a potato the size of an egg. Remove from the brine, cut into pieces and pack at once in sterilized glass jars, with the skin turned towards the glass. No liquid is used. Partially seal and sterilize in hot water bath for three hours.

Be certain that rubber rings do not touch the fish by crowding over the top of the jar.

UNSALTED RAW FISH

Scale, wash and clean fresh fish of any kind. Cut into pieces and sprinkle each lightly with salt instead of putting into brine. Pack into sterilized glass jars, add two tablespoons of vinegar to each quart jar, partially seal and give two and a half hours in the hot water bath. Wrap jars containing fish, in paper.

CANNED SOUPS

Soups made with stock can be canned by the cold pack method. Use any good recipe and prepare vegetables exactly as for separate canning. Cut into dice or straws. If cereals are used, soak for ten or twelve hours. Make a beef or chicken stock, thicken with flour or rolled oats and cook for ten minutes. Pack the jars with the vegetables to within one-fourth of the top, fill up with the hot stock, add the salt, partially seal and sterilize for ninety minutes in hot water bath.

Chicken stock with tomatoes and cooked rice is prepared in the same way.

When serving, heat rich milk, thicken slightly, add butter and cook for ten minutes. Add the canned soup and heat.

CANNING OF FRUITS AND VEGETABLES

There are two methods of canning fruits or vegetables, the "open kettle" method, and the "cold pack." Success is absolutely certain by either method, provided the worker knows and observes the

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laws of Nature. Failure is absolutely certain in either case, provided those laws are ignored. Here, as in everything else, that concerns home-making, personality is the determining factor. The successful canner *knows* that there are no "red tape" regulations in Nature; she *knows* there are no short cuts whereby Nature's laws may be evaded. She *knows* that whatever she sows she shall reap abundantly. She *knows* that slip-shod methods of canning will foster bacteria and that bacteria are always with us. They never die until they have accomplished their mission—which in this particular case is the destruction of the canned material. Lining one's shelves with perfectly-canned fruits and vegetables is, therefore, no small nor mean task. It is akin to the work that goes on in the great chemical laboratories of the world, where the bacteria of disease are tracked and all their methods laid bare.

POINTS TO CONSIDER

Outlay for material, time, and method of preparation for canning, are the same in both methods.

There are several points of difference, however, which may turn the scale in favor of one or the other method.

OPEN KETTLE METHOD

By this method, the fruit is heated (usually all at one time) and transferred to the jars while hot. This necessitates continuous attention until the jars are sealed; it means the handling of only a few jars at one time; it means that some of the material is over-cooked, and that the worker must stand over a hot stove during the entire process.

It means also that flavor is sacrificed, to a greater or lesser degree, because of the open cooking. While the flavor of fruit preserved by the open kettle method may be delicious, it is not the flavor of the fresh fruit.

If the worker undertakes to fill and seal many jars at once she is running the risk of using jars and material only partially sterilized.

When the last jar is filled and sealed, the canning process for that year is over, for better or worse.

COLD PACK METHOD

All jars are filled with uncooked, or cold, material hence the name. The packing is all finished before cooking begins. This eliminates a long period of standing over a hot stove.

Material retains its shape when cooked and is never over-cooked. It also retains a surprising amount of its original flavor, because it has not come in contact with the air while cooking.

After the cooking has commenced, the house-wife can go about her other tasks undisturbed. There is no hot material to handle, sterilization is taking care of itself and over-cooking cannot result, provided one watches the hands of the clock.

When the allotted time has passed the hot jars must be removed

from the canner at once (to avoid over-cooking) placed away from draughts (to avoid breakage) and sealed tight *at once and without lifting the cover.* That is the one place where failure lies, and many women are unable to obey that simple injunction. If fruit has been canned (or vegetables, like tomatoes), the canning season is closed when the jars are sealed and both success and satisfaction are assured the intelligent, conscientious worker.

If vegetables that require longer cooking than tomatoes, are canned, the heating process will be repeated on the two following mornings, with the result that carrots, beans, beets, cauliflower—all the summer vegetables in fact, are stored in their summer freshness ready for instant use.

Another point is that dozens of jars or just one may be handled during one period—process and time being the same in either case.

GETTING READY FOR CANNING

Some days before canning begins it is wise to examine one's stock of jars, rings and covers. If put away properly, after having used the contents, the jars will be perfectly clean and each will be fitted with its own cover and screw top. If sealed by wires, these will be in perfect working condition, because they will have been tested before storing. Rubber rings, if protected from the air, will keep in good condition for at least two seasons. The best way is to slip rings into their jars when all are washed and dried, after emptying.

USE PERFECT UTENSILS

Examine jars carefully for cracks and nicked places, especially about the open edge of the top. If jars are new, wash thoroughly in warm, soapy water, rinse and dry with a clean towel. Run a knife around inside of the jar, on sides and bottom, on the chance that thin pieces of glass may have adhered to the jar during its manufacture. These become loosened easily and would cause serious trouble if concealed in the food.

RINGS AND COVERS PERFECT

What is a perfect ring? Perfection does not depend on age but on elasticity. Stretch the ring. If it springs back into place when released there is sufficient elasticity. The ring must be a tight fit on the jar. Serious harm has resulted from using rings that have been too large and have come in contact with the food when the jar was sealed.

Some jars and covers do not seal tightly when one ring is used. Wherever necessary, use two or even more rings for air-tight sealing. Keep rings, jars and cover together until packing is finished.

Test every jar before putting into canner or after sealing (by open kettle). If one tiny air hole exists that way lies trouble.

What is a perfect cover? Nicks and cracks disqualify any cover for reliable service. Of course, a cover may be nicked on the top edge away from the clamping wires and this would not afford

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entrance of air but with a screw top sealer the glass cover may not have a nick or crack, at any point.

Do not use a metal cap for canning either fruits or vegetables, unless its inner surface is perfectly coated with enamel. (The plain metal cap may be used with jellies and jams provided their surface is first covered with a thick covering of hot paraffine.)

PREPARATION OF MATERIAL

All fruits and vegetables must be in as perfect condition as possible. Time of transportation from garden to kitchen must be as brief as possible. Second or third class material can not be converted into first class canned goods. A certain degree of freshness may be restored to vegetables by a longer or shorter period of soaking in cold, fresh water. Short soaking may improve some fruits, but nothing can improve crushed or over-ripe fruit. Never soak berries.

Examine the material carefully for imperfections and foreign material. Trim away the outer leaves or tops of vegetables and imperfect spots. Wash well in cold water to remove all earthy matter. So far the process is exactly the same as that used for ordinary cooking for the table.

SORTING

Some fruits, and all vegetables, should be sorted and arranged in separate groups on the basis of size or maturity.

BLANCHING

Have ready a deep kettle of boiling water and either a wire basket or a cheese cloth bag into which the material may be placed. Fill the bag with the sorted material and submerge it in the boiling water (see table for time.) It is economy of time to blanch small amounts at one time, because great quantities lower the temperature of the water and it must be raised again to boiling. This subjects the vegetable to cooking and destroys its flavor.

STEAMING

Sometimes the same result in blanching is accomplished by steaming, and the material is kept out of the water.

SCALDING

Material is submerged but the water is never boiling during that time. This process is used for loosening the skin on tomatoes, peaches, carrots, sweet potatoes and similar material and is familiar to all housewives. Unless experienced, count the time (see table) and lift from the hot water. Plunge at once into cold water lifting up and down several times to cool quickly. Remove at once and begin to remove the skins and trim into shape.

PACKING

If cold pack method is used arrange the material into sterilized jars (each removed from the hot water as needed and drained well), as packing proceeds shake and roll the jar gently to arrange the

pieces neatly and closely. The pieces must not be jammed tightly, however. It is a good general rule to fill the jar with material to within an inch of the neck. Pour in boiling hot liquid to within half an inch of the top of the jar.

LIQUIDS TO USE

This liquid is nothing but boiling water for all vegetables, except tomatoes, with a teaspoon of salt dropped into each quart jar. Tomatoes should be canned in their own juice which is obtained by heating chopped tomatoes slowly until their juice is extracted. Strain and keep hot.

FOR FRUITS

Liquid for fruits may be made of water, or fruit juice, the latter obtained by mashing fresh fruit and adding sugar, then heating until the sugar is dissolved. Or, the syrup may be made of boiling water and sugar. In either case the usual proportion is: two parts of liquid to one of sugar. When sugar is dissolved, keep hot. If one is making jams by cold pack method, make a richer, thicker syrup.

OTHER PRECAUTIONS

In packing dense material like spinach, it is well to insert a fork or knife along the side of the jar while filling with liquid, in order to allow the liquid to distribute itself throughout the mass. Do not fill to more than the half-inch mark, however. This may cause an air space when the jar is ready for storing, but as the air is sterilized (provided you have not lifted the cover) no harm will result.

FINAL STEPS IN PACKING

Everything is now ready for the covers. Adjust the hot sterilized ring on one jar, put on the hot glass cover and, if screw tops are used, give the ring one or two turns (not more) in order to keep the glass top in place. *This is the last time the glass cover is to be touched until you open the can for use.*

REASONS FOR INTERMITTENT STERILIZATION

When once the reasons for a process are understood, the work can be performed much more intelligently. There is an excellent reason for intermittent sterilization. The first period is quite likely to destroy any destructive bacteria that may have escaped destruction during blanching. But by the next day the spores which were dormant have had every encouragement to develop—hence, the necessity for a second period of sterilization. Although the material has been protected from the air for two days and subjected to two periods of sterilization, there may still be present active bacteria developed from the spores. A third sterilization is certain to destroy these.

The reason that intermittent sterilization is not necessary when either water seal or steam pressure outfit is used, is because it is possible to secure a temperature higher than boiling (which is the highest possible in the hot water bath apparatus) and consequently

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a much higher temperature is created inside the jar—high enough to kill both bacteria and spores at one period.

CRUSHED BERRIES

Strawberries are especially delicious treated in this way, although blackberries and raspberries are successfully preserved in the same way. The fruit retains its fresh flavor.

Use sterilized jars and fit covers and rings carefully to secure air-tight sealing. If necessary, use two rings.

Weigh the sugar and the fruit, allowing pound for pound or, if the fruit seems very sweet, three-fourths as much sugar as fruit will be sufficient.

Crush the berries a few at a time (after picking them over carefully as for table use). A silver fork is best for crushing and it is not necessary to mash the fruit over-much. Add the sugar, mix thoroughly, let stand in a cool place and cover for a few hours. Stir occasionally and when the sugar is all dissolved turn the fruit and juice into the jars, seal and store in a cool, dark, place.

These require no cooking before or after sealing.

TIME TABLE FOR COLD PACK CANNING

VEGETABLES	BLANCHING		MINUTES	DAYS	ALTERNATIVE	
	Steam	Hot Water			Minutes	Days
Asparagus	15–20	2–3	30	3		
*Beets	10	5–6	90	1	30	3
Beet Tops	15–20	2–3	30	3		
Carrots	3	5	90	1		
Beans (String)		2–5	30	3		
Beans (Lima)		2	120	1	40	3
†Cauliflower			45	1		
†Corn (Sweet)		10	30	3	4 hrs.	1
Parsnips	10	5–6	90	1		
Peas (Shelled)		2–5	30	3	120	1
Potatoes (Sweet)	10	5–6	90	1	30	3
**Pumpkin			60	1		
Spinach	15–20	2–3	30	3		
Swiss Chard	15–20	2–3	30	3		
††Squash, Hubbard			60	1		
Tomatoes		2–4	22	1		

Notes:—Quart jars are referred to in this table and 1 level teaspoon of salt is allowed for each jar. Time of sterilization for larger jars must be increased proportionately.

*All tuberous material must be blanched until the skin comes off easily. Two tablespoons of vinegar to each quart jar preserves the color, whole or in pieces.

**Pumpkin and squash are peeled and cut into small pieces and cooked 30 minutes before packing for sterilization. When intended for pies add three-fourths of a cup of sugar to each quart, and one teaspoon of salt.

†Corn is boiled on the cob for ten minutes and then cut off with a sharp knife and packed closely in jars with hot water and salt.

†Separate cauliflower into parts and soak in weak brine for 12 hours. One-half pound of salt to twelve quarts of water is sufficient.

††Stand for five minutes in scalding water to remove the skin easily. May be cooked and mashed before packing.

PRESERVATION OF VEGETABLES BY SALTING

WITH FERMENTATION—DRY SALTING

For every 100 pounds of material use three pounds of salt and divide both into portions, in order to secure even distribution. Begin with vegetables when packing and end with salt. Do not exceed the amount of salt specified. Fill the container only three-fourths; tuck a clean cotton cloth over the top of the vegetables and on this place a plate or clean board. Lastly put on a heavy weight—ten pounds for a five-gallon holder. It must be strong enough to hold the material under the brine that will form in a day or two.

Stand the container in a warm place for eight or ten days. Tap the container on the side and if no bubbles appear on top, fermentation has ceased and the container may be moved to a cool place for permanent storage. When perfectly certain that no bubbles appear, pour hot paraffine over the top of the brine to the depth of half an inch. If covered too soon, the gas will force its way through the paraffine and admit the air. Scum is injurious.

Sauerkraut, string beans and beet tops are suitable for dry salting.

TO MAKE SAUERKRAUT

Remove the large green leaves. Cut the head into fourths or eighths and trim away the white core. Shred the cabbage with a very sharp knife or cutter into very thin shreds. Use a trifle less salt than specified for general salting. One pound to forty pounds of cabbage or two and a half pounds to 100 pounds of cabbage is best.

Instead of keeping in the container after fermentation has ceased, kraut may be packed in sterilized jars and sterilized by cold pack method for two hours in hot water bath. This makes it possible to have good kraut late in the season.

COOKING OF KRAUT AND BEANS

Kraut needs long, slow cooking of several hours and is delicious when cooked with pig's knuckles or spare ribs, or served alone as a vegetable with a roast of fresh pork.

Salted beans may need several hours of soaking, if they have been packed long. Cook in plain boiling water for several hours either alone or with fresh pork. A few small white beans (soaked over night and parboiled) are a splendid addition. They may be cooked with the string beans.

IN BRINE

Prepare half as much brine as is needed to fill the container, using three-fourths of a cup of salt and one cup of vinegar to

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each gallon of water. Prepare vegetables as for dry salting. Pack in the container and cover with the brine. Cover and weight as directed. Some cooks find it a good plan to place string beans and similar vegetables in a clean thin bag or pillow slip and immerse this is in the brine. Stand in a warm place and test for bubbles. When fermentation has ceased remove to cool place for permanent storage and cover with hot paraffine as directed for dry salting. No scum must be allowed to form. These vegetables may be canned by cold pack process after fermentation has ceased, by being given two hours in hot water bath.

Cucumbers, string beans, green tomatoes, beets or shelled peas may be preserved by this method. Cucumbers are sometimes packed with a layer of dill and handful of mixed spice in the bottom of the container and the same on top. These dill pickles may be sealed with the brine and keep in good condition for months.

Green tomatoes may also be packed with dill and spices, if liked. Beets must be cleaned, but not pared. Peas are best put into containers only large enough to hold the amount needed for one meal. Corn, either fermented or salted should be soaked five hours, changing the water often. Cover with water, bring it to the boil and drain. Add fresh water and cook till tender.

WITHOUT FERMENTATION

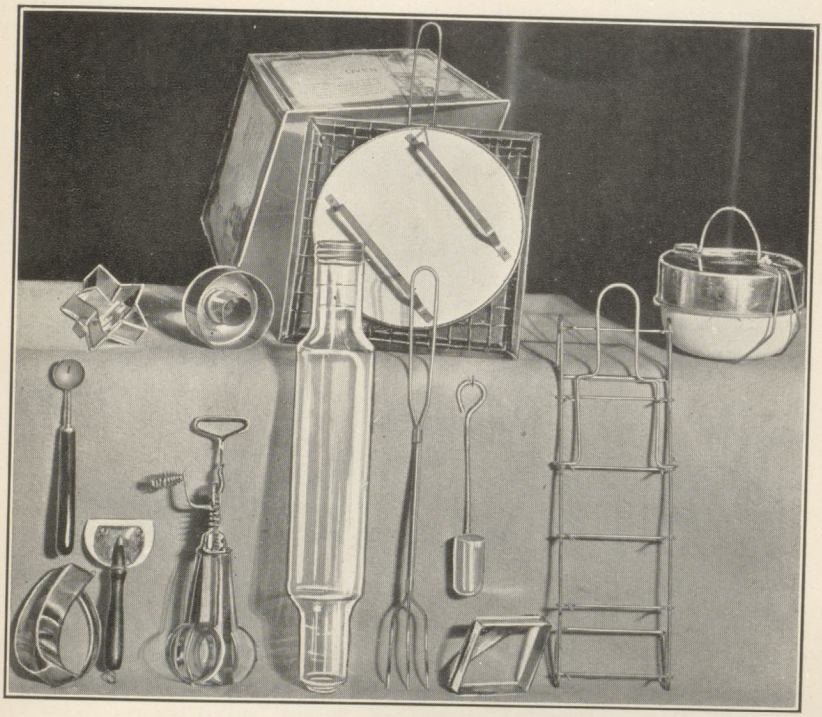
Vegetables are prepared as already directed for salting and then weighed. One-fourth as much salt by weight, is allowed for packing. Place vegetables to the depth of an inch on the bottom of the container. Sprinkle with the proper proportion of salt and continue in this way until the container is almost full. Cover as directed with clean cloth, board and weight. Set the keg in a cool place. In a few days a brine should have formed. If not, make brine to cover, using one pound of salt to two quarts of water. As soon as bubbling has stopped place the container in its permanent cool storage and cover with paraffine.

Beet tops and greens, cabbage, string beans, shelled peas or corn cut from the cob, are all satisfactorily preserved in this way. Corn on the cob is best done in brine.

JELLIES, PRESERVES, JAMS AND MARMALADES

APPLE MARMALADE

Pare, quarter and core apples and cook till soft in just enough water to prevent burning. Cover closely. When soft, press through a sieve. To each cup of pulp add three-fourths of a cup of sugar and the juice of one lemon, cook slowly until the sauce keep its shape when dropped on a cold plate.



Kitchen utensils for handy use include an oven to be placed on top of the stove for quick cooking of small quantities; a glass rolling-pin with screw-cap for insertion of ice in pastry making; a pudding-bowl with clamped top, shown at the upper right-hand; a wire frame with spikes, for baking potatoes; cookie-cutters of various shapes, a double beater for eggs or cream, a long meat fork, a cream dipper, a butter spoon, and a rubber-tipped sink scraper. Their uses are fully explained under heading Up-To-Date Utensils.

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APPLE ORANGE MARMALADE (SCOTCH)

With a very sharp knife cut twelve oranges into paper-thin slices. Remove all seeds. Put into the preserving kettle and add five pints of cold water. Cover and set aside for twelve hours, then boil slowly until the fruit is tender. Add the juice of four lemons and five cups of apple sauce. Bring to the boil and measure. For every cup of the mixture add three-quarters of a cup of sugar. Cook slowly until it forms a thick jam.

APPLE ORANGE MARMALADE

Boil twelve oranges in enough water to cover. When tender (about half an hour) peel and core twelve apples. Take out the oranges and cook the apples in that water. Slice the oranges very thin with a sharp knife and mash the apples to a pulp. Measure all the fruit and allow two cups sugar less than there is of fruit. Boil all together until the fruit is transparent. Seal at once.

APPLE BUTTER (WITHOUT CIDER)

Pare, core and quarter the apples, cover with water and boil till tender. Add six pounds of sugar, two ounces of cinnamon, one ounce of ground cloves and one ounce of nutmeg to every twenty-five pounds of apples. Stir often during the cooking and till quite thick. This will take a long time and, if a large quantity is made, requires a special implement for stirring. It is an oblong of quarter-inch hard wood with half-inch circles bored at regular intervals (alternating in each row) over its entire surface. The stirrer should be about eight inches long and four inches wide. A long handle is fitted into one end, because apple butter bubbles and spatters badly while cooking.

PUMPKIN MARMALADES

Pumpkin and Orange. This is both tasty and cheap. To six pounds of pie pumpkin pared and cut into one-inch cubes, add the juice and shredded skin of three oranges and two lemons with four pounds of sugar. Cook slowly for several hours. Seal hot.

Pumpkin Preserves, with Raisins. Peel and cut into small cubes a medium-sized pumpkin. Soak in cold water for five minutes and drain. Into the preserving kettle put the pumpkin. Over this put granulated sugar in the proportion of half as much (by cupfuls) as there are cups of pumpkin. Let this stand over night. In the morning add one pound of raisins, washed and drained, the juice of two lemons and a small piece of ginger root, chopped fine. Lift carefully to mix the ingredients and cook slowly for three hours, or until the pumpkin is transparent. Divide among the glasses and fill with the hot syrup. This keeps for months.

Nine-Day Marmalade. To every half pound of the diced pumpkin allow one-half pound of granulated sugar, the juice of one lemon and half the rind sliced very thin and one-half teaspoon of ground ginger. Put into the kettle in layers, add the lemon juice and set aside for three days, covering with a thin cloth.

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At the end of that time add half a cup of water to every pound and a half of sugar used. Add the lemon rind and ginger tied in a thin muslin bag. Simmer until the pumpkin is tender. Remove the bag, cover the kettle with the cloth and set aside for six days. At the end of that time lift the pumpkin carefully on a skimmer, draining well each time, and arrange neatly in jars. Boil the syrup till thick and rich. Fill into the jars and seal at once.

Pumpkin-Apple Marmalade. Ten apples cored and sliced fine, ten pounds of pumpkin cubes, three lemons sliced thin, half a cup of ginger root chopped fine, ten cups of sugar. Boil all very slowly until the pumpkin is tender. If the syrup is thin lift the pumpkin on a skimmer and boil the syrup until rich and thick. Add more sugar to the syrup if necessary. When thick enough, bottle.

WATERMELON RIND PRESERVES

Pare the rinds until only the white portion remains. Cut into cubes, oblongs or fancy shapes, making them all of practically the same size in order to secure uniform cooking. Soak overnight in a brine made in the proportion of one tablespoon of salt to one quart of water or one cup of salt to a gallon of water, if the rinds are to be scalded instead of soaked in the brine. Another over-night treatment is to soak the rinds in a lime water solution of two ounces full strength of lime water to one gallon of clear water. Still another method is that of scalding the rinds in a weak solution of alum and water. The scalding should last about five minutes.

When ready to cook, drain the rinds, rinse well cover with cold water for ten minutes and drain. Cover with cold water and simmer slowly until transparent. Make a syrup of one and a half or two cups of sugar for each pound of rind and the water in which the rinds were cooked (the rinds should be lifted from the water and drained as soon as tender). Have ready an ounce of ginger sliced thin and cooked till tender and in another vessel, one lemon sliced thin and cooked till the skin can be pierced with a straw. Add ginger and lemon with the water in which they were cooked, to the sugar. Boil until it makes a rich syrup, skimming well. Drop in the rinds and cook slowly until soft but not losing their shape. Lift on a skimmer and divide equally among your glasses. If necessary, boil the syrup until quite thick and fill into the jars.

GINGERED LEMON RIND

Prepare the rind, by any of the methods given, ready for cooking. Make a ginger solution of one ounce of ginger to each quart of water. Boil the rind in this solution for fifteen minutes. Lift out the rind, and make a syrup of three-fourths of a pound of sugar, one pint of clear water and one pint of the strained ginger water for each pound of rind. Boil till thick and rich, drop in the rind and simmer until transparent and tender. Seal in glass jars while hot.

CANTELOUPE RIND PRESERVES

Canteloupes should be just turning, as the ripe ones are too soft.

Prepare by any recipe for Watermelon Rind Preserves, making the brine or lime water solution a little stronger.

PREPARING CARROTS FOR MARMALADE

If carrots intended for marmalade are to be cooked first, it is a great saving of time and trouble to cook them in boiling water until tender and then remove the skins, as with beets. Wash the carrots thoroughly and remove tops before boiling.

CARROT JAM

Use young tender carrots. Cook till tender, remove the skins and press the carrots through a sieve. Weigh the pulp and for each pound allow a pound of sugar, the juice and finely-chopped peel of one lemon and one-half teaspoon of ground cinnamon. Cook slowly till thick and seal hot.

CARROT MARMALADE, WITH ORANGES

Steam three pounds of carrots till soft, remove the skins, chop fine and add three pounds of sugar, the juice and grated rind of two oranges, juice and grated rind of one lemon. Cook slowly for an hour or until thick. Seal hot.

CARROT MARMALADE, WITH LEMONS

Grate the whole rind of three lemons and slice the pulp thin, discarding seeds. Add two cups of water and let stand over night. In the morning, add to four cups of boiled and chopped carrots with six cups of granulated sugar. Boil half an hour or until thick. Seal hot.

ALMOND CARROT MARMALADE

To every pound of cooked and mashed carrot allow one pound of white sugar. Boil together for ten minutes. Add the grated rind of one lemon and the strained juice of two, with four bitter almonds, blanched and shredded. Cook till thick. Seal hot.

WITH UNCOOKED CARROTS

If very young carrots are used it is not necessary to scrape them as when older ones are used. Young ones give the best flavor.

SPICED CARROT MARMALADE

To each cup of raw grated carrots allow one cup of white sugar. Mix and allow to stand over night. For twelve carrots allow three lemons (juice and rind), 1 teaspoon each of cinnamon, cloves and allspice. In the morning, add these to the carrots and cook slowly for an hour or until thick. Seal hot.

CARROT MARMALADE

To every pound of raw grated carrots allow one pound of sugar, three lemons, one-fourth teaspoon of salt and three and a half pints of water. Put water, salt, lemons, and carrots in the preserving kettle and allow to stand over night, or for twenty-four hours. At the end of that time boil for two hours, then add the sugar and boil till the marmalade jellies. Seal hot.

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TOMATO PRESERVES

Green Tomato Preserves. Wash the tomatoes, cut out the hard portions around the stem, and any imperfections; slice thin. Put in a stone jar in layers, sprinkling each lightly with salt. Soak over night or longer. Drain, rinse and turn into a stout bag and let drain all day or all night, if possible. The reason green tomato preserves fail to keep well is because of imperfect draining and salting. If time presses, the sliced and salted tomatoes may be brought slowly to the boil, simmered for five minutes and drained, instead of standing in the brine. But there must be thorough rinsing and long draining in either case.

Allow from half to three-fourths as much sugar as tomatoes. Arrange in a granite kettle, in layers of tomato and sugar, with one or two thin slices of lemon (minus the seeds). Put in a cool place until the sugar is dissolved. Cook very slowly (in order to avoid stirring) until the tomatoes are well done. Seal hot.

Half-Ripe Tomato Preserves. Use either half-ripe or green tomatoes of any variety. Remove stems and imperfections and wash. Cut in thin slices and weigh. For each pound allow three-quarters of a pound of sugar and one lemon for each two pounds. Slice the lemons thin and cook until the skin is tender. Lift out the slices and add enough water to that in which the lemons were cooked to make one cup for each pound of sugar. Cook down to a thin syrup; add the tomatoes and lemon slices and cook until the lemons are heated through. Lift the tomatoes and lemon into glasses, and boil the syrup until thick and rich; pour over the tomatoes and seal. Some cooks like the addition of ginger root.

Tomato Marmalade. The juice and grated yellow rind of one orange, juice and grated rind of one lemon, two quarts of ripe tomatoes which have had the seeds removed, and from which the juice has been drained for ten minutes; one package of seeded raisins, one-fourth pound of candied ginger, shredded fine, six cups of white sugar. Tie in a thin muslin bag two teaspoons each of cloves, nutmeg, cinnamon, allspice and ginger.

Put all the ingredients into a preserving kettle and cook until thick, but not stiff. Remove the spice bag and seal the marmalade in glasses.

Tomato Marmalade with Apples. One pound of tart apples pared, cored and sliced; two pounds of ripe tomatoes, peeled and sliced; two and a half pounds of sugar; juice and grated yellow rind of one small lemon. Cook slowly for an hour. Add the juice and grated yellow rind of another small lemon. Cook until it thickens, and pour into glasses. Seal hot.

Yellow Tomato Preserves. Scrape two or three pieces of green ginger root and cook till tender. Add one pound of sugar and a little more water if it is needed, to melt the sugar. Cook to a thick syrup. Remove the skins from one pound of ripe, yellow tomatoes (the small pear-shaped ones)and drop into the syrup. Cook very slowly, without stirring, until the tomatoes are clear. While cook-

ing, add a lemon sliced very thin (discard the seeds) and bottle the preserves in small containers.

CITRON MELON PRESERVES

Citron melons must be pared and the seeds removed. This is accomplished more easily if the melon is cut into small portions, either from stem to blossom end or in rings, by cutting across the melon. By the latter method all the pieces will be of the same size and shape and the preserves will look much better than when pieces are of all sizes and shapes. Uniformity in size insures even cooking. If the rings are used they may be cut again (after paring and seeding) into eighths or sixteenths, and each piece sliced very thin (an eighth of an inch) the long way; or the rings may be sliced the other way into small oblongs. After slicing, the pieces may be soaked over night in a brine of two tablespoons of salt to one quart of cold water or they may be covered with cold water in which alum has been dissolved in sufficient quantity to taste slightly. Bring this to the boil very slowly and, if the pieces are thin, boil for three minutes. If rather thick, extend the time to five minutes. Drain, rinse in cold water and weigh the fruit.

CITRON PRESERVES, No. 2

Soak in brine overnight as directed. Drain, rinse, drain again. Cover with boiling water and cook until almost tender. Drain and weigh. For each pound of melon allow three-quarters of a pound of sugar, the juice of one large lemon and the grated yellow rind, and half an ounce of crushed ginger stems. Lift the melon from the water in which it was cooked; add the sugar, ginger and lemon and boil for five minutes. Put in the melon and cook till tender and clear. Cooking in the syrup will toughen the melon more or less. As soon as tender lift out into glasses. Divide the syrup and fill to the top. Seal. (If more syrup is needed, boil sugar and water till thick enough.)

CITRON PRESERVES No. 3

Scald the pieces in alum water; drain and cook in clear water till transparent. Drain and weigh. Allow one pound of sugar to each pound of fruit. Pour just enough water on the sugar to wet it through; boil till clear, add two large lemons sliced thin and a small piece of ginger root. Add the melon and cook for ten or fifteen minutes. The time of cooking depends on the thickness of the pieces. Divide the melon among your glasses and cover with the hot syrup. Allow two lemons for five melons.

Some cooks prefer to add the lemon just before taking the preserves from the fire.

VEGETABLE MARROW JAM

For making jam the half-grown marrows are better than the older ones, and if cut from the vines for at least two weeks, they are improved. When carefully made and simmered very, very, slowly, a delicious and dainty marmalade results. The marrow must be

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absolutely transparent but not at all broken or mushy. The syrup is of a delicate honey color. Seal in small jelly glasses. First of all, cut the marrow across into slices about one inch thick. Pare these and remove the seeds and then cut into quarter-inch slices, giving little oblongs, one inch by one-fourth inch or, cut the circles into an even number of parts and slice these lengthwise into quarters. Weigh the marrow and weigh an equal amount of sugar. Pack the marrow into a deep bowl in layers with the sugar and let it stand from twelve to twenty-four hours. At the end of that time drain off the liquid and boil for five minutes, skimming, if necessary. Drop in the marrow and simmer very slowly for an hour. Add the lemon juice and place in a thin muslin bag containing bruised ginger root and the thin yellow rind of the lemon, taken off with a very sharp knife. Continue the simmering for another hour or, if necessary, longer. When perfectly transparent, divide among the glasses, fill up with the syrup and seal. If several lemons are used, one may be reserved for very thin slicing (rind and all) each slice divided into fourths and placed with the marrow to simmer during the last fifteen minutes. Lift the lemon slices very carefully, placing a few in each glass.

From two to four pounds of prepared marrow call for the same amount of sugar, two lemons and either one or two ounces of ginger, according to taste. Six pounds of marrow call for the same of sugar, three large lemons and four ounces of ginger.

MARROW-PINEAPPLE MARMALADE

Use three-fourths as much sugar as prepared marrow. Put into a bowl and let stand for two days. At the end of that time boil until the marmalade begins to thicken. About half an hour before this add a tin of shredded pineapple. Seal hot in jelly glasses.

GRAPE CONSERVE

Three pounds of grapes divided into skin and pulp (each in its own bowl). Put the pulps with their juice into a sauce pan and heat until the seeds separate from the pulp easily. Press through a sieve and discard the seeds. Place skins and the pulp puree in a kettle and add one pound of sugar, half a pound of minced raisins, the sliced pulp of two large oranges and one-fifth of the skin, minced fine. Cook over a slow fire until thick, but moist. Have ready half a pound of pecan nuts, minced fine; add to the conserve and boil for five minutes. Pack in small containers. Seal while hot.

PLAIN GRAPE CONSERVE

Make like Grape Conserve, omitting the raisins and pecan nuts. This is really delicious. There should be a very small amount of free liquid in this conserve, although it must not be at all watery.

APPLE-GRAPE CONSERVE

Pulp six pounds of grapes, heat till the seeds separate easily and press through a sieve, discarding the seeds. Add two large apples, pared, cored and chopped fine. Cook together until like apple

sauce. Add the grape skins, one pound of seedless raisins, the grated yellow rind of two oranges, and the sliced pulp of three. Add four and a half pounds of sugar and cook very slowly. In the meantime cover the parings and cores from the two apples, add another, sliced thin (cores and skin) and water to just cover. Simmer slowly until skins are soft. Drain through a thin cloth and add one cup of sugar to the cup of juice. Boil until it jellies. Turn into the marmalade, stir well and seal hot in small glasses.

WHOLE GRAPE PRESERVES

Use dead ripe fruit. Wash and weigh, when separated from the stems. Make a slit in the side of each grape and extract the seeds. To every two pounds, add half a pint of water and cook slowly in a closed kettle until the skins are tender. Add one and a half pounds of hot sugar for every two pounds of the original grapes. After boiling slowly for five minutes, lift on a skimmer from the liquid and place in shallow dishes. Boil the syrup until it is almost at the jellying stage, remove it from the fire and pour over the grapes. Let it stand over night. In the morning pack into fruit jars. Cover and sterilize for twenty minutes in the steamer, if pint jars; thirty minutes, if they are quarts.

HOME-MADE RAISINS

Wash the grapes, weigh and stem them. Use any except quite green ones. Pack into jars. When filled, set in the oven till grapes are warmed through. Prepare a rich syrup of sugar and water or one made of sugar substitute—one tablespoon of honey, three of corn syrup, and a cup of water. As soon as the syrup is hot, pour it over the grapes in the jar. Cover, but not seal, the jars. Put into a hot water bath for three or four hours. Drain the grapes into a colander, spread on dishes and dry in the sun, in a slow oven or on the rack of the range. When dry, store as ordinary raisins. The syrup can be used for other raisins or for sauces, mincemeat or other marmalade making.

THREE-IN-ONE RHUBARB JAM

Three cups of rhubarb cubes, three cups of sugar; cook till tender, add one cup of minced raisins, the pulp of six oranges and their grated yellow rind; cook about twenty minutes or until thick. Add three cups of sugar and three-fourths of a cup of walnut meats or chopped almonds. Cook five minutes. Seal hot in glasses. This makes good filling for pastry shells or may be served either as a dessert or marmalade.

AIR TIGHT COVERS FOR PRESERVE JARS.

In the absence of the regular covers for jam pots there are two entirely satisfactory home-made paper covers. Use any good quality of paper, preferably white, not stiff but of close texture. Cut half an inch larger each way than the top of the jar. Also cut rounds just the size of the top of the jar. Dip the smaller rounds into vinegar and put into place. Dip the larger ones into the un-

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beaten white of egg. Slip the paper into the mixture and let it run over the top or press first one side and then the other into the egg white. Drain from any extra amount. Put over the vinegar-soaked paper and draw tightly across the top pulling on opposite sides of the jar at the same time. Fold the paper in creases around the side and press firmly to paste into position. Too thick paper will not fold and seal well. When dry the top will be smooth and tight and the sides neat and close.

Another home-made air-tight cover is made by dipping the larger rounds into a saucer of warm milk. Stretch these over the jars while the marmalade is still hot. Press the papers about the sides and tie in place.

GENERAL RULES

Materials for jams and marmalades should be the best obtainable. Methods of making should also be strictly correct. Experience, coupled with a natural appreciation of the texture and flavor of the material in its natural state, and the various responses of each kind of material when subjected to heat or combination with spices, acids or sugar—these are the best guides to jam making and no one can put those guides completely into words.

Experience has taught that fruits cooked, by open kettle method, with the full amount of sugar are less satisfactory in texture and flavor than those which are cooked till tender in their own juice and sweetened during the last part of the cooking. Experience has also taught that long cooking of spices causes them to lose their delicate flavor and become strong. Hence, add spices when the jams are about half finished.

Sterilized jars and air-tight sealing are imperative for the best keeping of jams and marmalades and cool storage is also necessary. One noticeable difference in jams, marmalades and butters is the amount of liquid noticeable in the cold product. The first two hold their shape when lifted into a spoon. Butters flatten out but show no excess of liquid around the solid portion. But, neither jams nor marmalades should suggest solidity such as is the characteristic of cheese. The differences just noted are due entirely to length of time of cooking. Evaporation of the liquid content of jams and marmalades may be accomplished by rapid (high temperature) cooking or by a more prolonged low temperature process. The first will produce tough or hardened fruits; the latter, delicate texture. If fruits are over-ripe, especially grapes, the jelly or conserve will develop crystals. On this account it is wise to include a few bunches of under-ripe or green grapes with the ripe ones. That being impossible, add lemon juice or one or two ripe peaches. Give similar treatment to any fruit containing much sugar in its composition. It is also said that three teaspoons of glycerine to every pound of fruit will prevent fermentation and crystallization.

ARTIFICIAL PRESERVATIVES

Several years ago there was a wide-spread use of artificial pre-

servatives in canning and jam making. Because the practice was so deleterious to health it has been prohibited wherever prohibiton is possible. But it still persists in many home kitchens. It is perfectly true that meats, vegetables and fruits subjected to these preservatives do resist decay, it is also just as true that grave dangers to health are the invariable accompaniment to their use. Salicylic acid and boric acid come under the head of artificial preservatives, as do any powders which are to be placed in the jar after it has been filled with material to be preserved and water.

APPLE SYRUP FORMULA

An invaluable help to the housewife is Apple Syrup and many uses will suggest themselves to the family. The foundation is sweet cider or apple juice. To seven gallons, add five ounces of powdered calcium carbonate. Boil vigorously for five minutes, then pour the mixture into large open-mouthed jars or into crocks. After six or eight hours it will be perfectly clear and can be poured into a preserving kettle. To this, add one teaspoonful of calcium carbonate and stir well. Boil rapidly (220° Fahr.) until it has reduced to one-seventh its original volume. When a little is dropped into cold water it should be as thick as maple syrup. Pour again into large containers and cool slowly. After this pour into permanent sealers, set in the hot water bath for ten minutes; remove, tighten the sealers, invert to cool. Test for leakage and store for winter use.

GRAPE JUICE A SUBSTITUTE

Honey and maple sugar are well-known sweeteners with good records but another real substitute for sugar and one that is little known in that capacity is grape juice. Any fruit can be preserved in grape juice, but it is particularly satisfactory with apples, pears and sweet plums. Boil six quarts of the juice in open preserving kettle until reduced to four quarts. When the fruit is prepared for cooking, it is covered generously with the boiled juice and cooked slowly until the fruit is clear and tender when it is sealed.

GOOSEBERRY-ORANGE MARMALADE

For every three pints of gooseberries use four oranges and two lemons. Top and tail the berries and blanch. Slice thin the pulp of the oranges and lemons, add to the berries and turn into a preserving kettle with as much sugar as fruit (by measure.) Let stand until the next day. Also cut the rind of the oranges and lemons into very thin shreds with the scissors. Cover with a cup of water and let them stand till the next day. In the morning add the skins and water to the fruit and cook till thick enough. Pour into glasses and seal.

GOOSEBERRY-CURRANT JAM

Top and tail three pounds of ripe, red gooseberries. Blanch and put into a saucepan with one pound of stemmed red currants and

three pounds of sugar. Let the mixture stand for five hours. Heat very gradually and boil for thirty minutes, stirring often. Turn into hot jam pots and cover.

ORANGE MARMALADE

Select fruit free from black, flat scales. If these are present, scrub the fruit well or remove the scales with a blunt knife and then wash well.

If bitter marmalade is desired, use Seville or bitter oranges which are ripe in early spring. If these are not obtainable, the bitter taste may be secured by soaking the rind, seeds and white membrane of grape fruit in water to cover for twenty-four hours and using that water in the marmalade.

Long soaking of the skins of oranges, grape fruit and lemons is desirable as the white portion of the rind is the part containing the jelly-making property and perfect orange or grapefruit marmalade must be a clear and firm jelly holding the shredded rinds.

There are two ways of preparing the fruit. One is to halve the fruit and remove the juice with a glass lemon squeezer, the halves of rind are then divided into fourths and cut into very thin paper-like strips with a pair of sharp scissors.

The second method is that of slicing the fruit very thin with a sharp knife. The difficulty attending this method scarcely pays for the result. Still another method consists in mincing the rinds very fine in the machine. While this is speedy the result is not as pleasing to the eye as that by slicing with the scissors and does not satisfy the lover of the real old-fashioned marmalade.

When rinds and juice are ready for cooking set them in a cool place to soak for twenty-four hours. At the end of that time bring very slowly to the boiling point and continue for ten minutes. Set aside again for another twenty-four hours. If time presses, a third period of soaking will do no harm provided the juice is stored in a cool place and well covered.

On the last morning bring slowly to the boiling point and keep a steady moderate boiling until the skins can be pierced easily with a clean straw. As soon as that point is reached the marmalade may be finished or set aside again. It is usually carried on to the finish, however, by adding the sugar and cooking slowly and steadily till the marmalade jellies when put on a cold plate. It always seems thicker when cooled than when hot. If the marmalade is boiled too rapidly it will be dark colored and lose its delicate flavor.

The amount of sugar varies from three-fourths the weight of fruit to equal quantities. If the long process is employed the lesser amount is better.

Proportions of fruit and water vary, seemingly, according to the state of the market or the inclination of the maker.

The following proportions are usual:

Bitter Orange Marmalade:—Four bitter oranges, three lemons twelve cups of water and three-fourths the amount of sugar. (Water is always added to fruit juice for the first soaking, in all the recipes.)

Bitter-Sweet Marmalade:—Two sweet oranges, six bitter oranges, one lemon, five pints of water and six pounds of sugar.

Sweet Orange Marmalade:—Nine sweet oranges, six lemons, four quarts of water, five pounds of sugar.

Lemon-Orange Marmalade:—Three sweet oranges, nine lemons, eight cups of sugar, eight cups of water.

Three-in-One Marmalade: One sweet orange, one grape-fruit, one lemon, seven pints of water, five pounds of sugar.

The following recipes are a little out of the usual order:—

Lemon Marmalade: Wash the lemons and boil in water to cover for two or three hours until the skins can be pierced by a straw. Remove from the water, wipe dry and slice very thin, discarding the seeds. To each pound of fruit allow one pint of the water in which it was boiled and one pound of sugar. Boil about one hour or until jellied.

Half-Hour Marmalade: Five cups each of sugar and water, three oranges, one lemon. Slice the fruit very thin discarding seeds and cook till tender. Add the sugar and boil five minutes, or until thick.

To Preserve Oranges Whole: This method is followed by the Dutch of the Transvaal with great success:

Ingredients: One and one-quarter pounds of white granulated sugar to every pound of nice, ripe oranges. Method—With an ordinary nutmeg grater, grate off the outside of the peel of the oranges, taking care not to expose the flesh of the orange in so doing. Now take a sharp knife and cut four long slits in the sides of the oranges, equal distances apart. These slits should not reach from top to bottom, but should be about two inches long. Now squeeze the oranges flat between the thumb and finger, so that a little of the juice is expelled through the slits. Place the fruit so treated in cold water to stand the night. Dissolve the sugar in water in the proportion of one cupful of sugar to one and one half cupfuls of water. Let this syrup just come to the boil, and then strain it through a piece of muslin. After straining, pour syrup in preserving pan again. Take oranges out of water and drain, and put them in syrup. Now boil until it begins to thicken and oranges are a golden brown. Have your jars ready, place oranges within, and pour the syrup over them. Use screw-top bottles.

Method No. 2.—Soak the oranges (Seville) in water with a little salt in it for about three days. Then boil them long enough to be tender enough for a stiff straw to be run into them. Take them out of the water, and cut a small round hole in them about the

size of a quarter and with the handle of a teaspoon carefully take out all the pips. Be careful not to break the oranges, nor to take out any of the inside with the pips. Next make a syrup of a pint of water to every pound of (white) sugar and boil the oranges in it very slowly until they begin to look transparent. Place them in a jar, and look to the syrup. If it begins to look thin, give it another boil. Pour it into the jar over the oranges. The hole for removing the pips should be cut at the stalk end of the oranges.

STRAWBERRY PRESERVES

Wash and hull ripe, firm berries and to each cup allow an equal amount of sugar. Put a thick layer of strawberries in a bowl; then a layer of sugar. Continue until all are used. Let stand in a cool place, covered, for two days. Turn into a preserving kettle and simmer slowly until the syrup is rich and thick. Just before taking from the fire add the juice of one lemon for every four cupfuls of jam. Turn into jelly glasses. The berries will be whole if the cooking has been carefully done and the liquid will be jelly-like.

PRESERVED STRAWBERRIES (Danish Method)

This beautiful and delicious preserve is within the reach of all who carry out each detail patiently and intelligently. Procure large, firm berries which do not need washing. Remove the hulls. Weigh the fruit and for every pound weigh three-quarters of a pound of sugar. Arrange berries and sugar in an enamelled preserving kettle in layers, beginning with the berries. Let stand in a cool place all night or from morning till late afternoon. At the end of the period bring very slowly to the boiling point, skimming, if necessary. Simmer exactly fifteen minutes. Remove from the fire, cover with a thin cloth and let stand all night without disturbing. In the morning, heat again and skim. Simmer for exactly ten minutes and remove from the fire. Drain off the juice and boil it for exactly five minutes, put the berries in and seal. The berries will be whole. This preserve is a delicious addition to ice cream or molded desserts.

PRESERVED PLUMS

Dip plums in hot water and remove the skins. Have ready a syrup made of three pounds of sugar to one pint of water for every nine pounds of fruit. Drop plums into hot syrup and cook until easily pierced with a silver fork. These may be done by cold pack method pouring the hot syrup over the plums and sterilizing in hot water bath for sixteen minutes.

PLUM-APPLE JAM

Four pounds of crab apples, four pounds of plums, six pounds of sugar. Remove stems and imperfections from the apples and

cut into quarters. Add one-fourth as much water as fruit and cook to extract the juice. Add more water in cooking if apples are not very juicy. Strain through a double cheesecloth. Return the juice to the kettle with six pounds of sugar and simmer till the sugar is dissolved. Have ready the plums, add to the juice and cook till thick.

NOTE: Some plums are bitter and astringent until freed from stone when they make delicious jam, cooked with sweet, cooking apples. Other plums are not edible until freed from their skin, after which they are delicious. Others lose their undesirable qualities when covered with cold water brought gradually to the boil and then drained. Any sweet plum makes good jam. The Damson is satisfactory, but if the Lombard is used, more sugar must be added.

BAKED PEAR CONSERVE

If pears are large, pare, halve and core; if small simply pare. Pack into a crock with a little less sugar than for ordinary cooking as the long process reduces the amount of sugar needed. Drop in one or two cloves and a little thinly-sliced lemon or ginger-root. Cover with boiling water fit a tight cover over the crock and bake very slowly until the pears are red, soft and rich. Can at once while boiling hot.

PEAR BUTTER

Twelve hard medium-sized pears, one and a half pints of boiling water, three pounds of sugar and one lemon. Remove stems and cores from the pears and seeds from the lemon. Put lemon and pears through the mincer. Add water and sugar and cook slowly an hour or more until the butter is rich and mushy, but not watery. Seal hot.

GINGERED PEAR CONSERVE

Pare and core eight pounds of hard pears and run through the mincer with three lemons from which the seeds have been removed. Chop fine half a pound or more of preserved ginger. Put all into a preserving kettle with six pounds of sugar and four cloves. Cook slowly for several hours till the fruit is clear and the syrup rich. Seal hot.

PEAR AND PINEAPPLE CONSERVE

Pare and core the pears and cut the pineapple in cubes. To every pound of pears allow the grated rind and juice of half a lemon, and one orange, one-half of a pineapple and three-fourths as much sugar as fruit. Cook slowly until of the right consistency. Seal hot.

PINEAPPLE-STRAWBERRY JAM

One pint of shredded pineapple, one pint of strawberries, washed and hulled; cook the pineapple about five minutes before the strawberries are added. When the fruit is soft measure and add

three-fourths as much sugar as fruit—about three-fourths of a pound to each quart. Cook slowly until thick. Seal hot.

CRAB-APPLE PRESERVES

Wash the apples. Remove stems and blossom end. Weigh and allow three-fourths of a pound of sugar to each pound of fruit. Cover the apples with cold water and bring slowly to the boil. When they are tender (but not mushy) pack into sterilized jars and cover until the syrup is ready. Add the sugar to the water in which the crabs were cooked. Let it boil for ten or fifteen minutes set away from the fire and skim carefully. Just bring to the boil once more and fill, while hot, over the apples. Seal at once.

CONSERVATION MARMALADE

When making crabapple jelly drain the apples and juice without squeezing the bag. Turn the fruit from the bag into the preserving kettle, add a little of the juice strained out for jelly and simmer slowly until soft enough to go through a sieve. Add three-fourths as much sugar as pulp, cook slowly until of the right consistency. Fill into small jars or glasses.

BEET ROOT PRESERVES

Cut off the leaves of tender young beets and pare. Weigh and steam till tender. Have ready in the preserving kettle one and a half cups of strained honey for every three pounds of beets. In another bowl measure out two cups of sugar for every three pounds of beets. Turn honey and beet strips into the preserving kettle and cook until the honey boils. Add the sugar, two tablespoons of ground ginger, one-fourth pound of raisins, and the juice and grated rind of one or two lemons. When the beets have become dark colored seal in glasses.

"QUEEN" JAM

Top and peel six pounds of beets. Cut into strips, place in a preserving kettle with one and a half pints of water. Bring to the boil and then simmer for twenty minutes. Add four pounds of sugar, the juice and finely cut rind of six lemons and four cloves. Cook till tender—about an hour—place neatly in glasses. Boil the syrup till thick, fill the glasses with the syrup and cover.

BEET ROOT PRESERVES (JEWISH RECIPE)

Top the beets and peel. Cut into slices. Put together three pounds of beets, three-fourths as much sugar, the juice and finely chopped rind of two lemons, two cups of water, half a cup of shredded almonds and a teaspoon of ground ginger. Cook all together until the syrup is very thick and the fruit is crystallized.

BLACK CURRANT JAM

Mash the currants in the preserving kettle but add no water. Stir well while cooking gently. Add no sugar until the fruit has softened and broken and reduced in quantity. For every pound of fruit allow one pound of sugar, heat it in the oven and then add to the fruit. Stir until the sugar is dissolved, then boil gently for five minutes without stirring. Pour at once into stone jam pots and seal. If fruit and sugar are boiled together before the fruit has softened, the currants will become hard and unpalatable.

BLACK CURRANT JAM (WITH WATER)

One pound of currants, two and a half cups of water, four and a half cups of sugar. Boil currants and water together for twenty minutes. Add the sugar and boil for ten minutes. Seal at once.

WILD BLACK CURRANT JAM

Pour boiling hot water over the currants and let stand twenty minutes. Drain and cover again with boiling water. A third scalding may be given if any bitter taste remains in the currants. The scalding will turn the currants red, but the jam is of a pretty color. Make up alone or combined with apples, rhubarb, or pumpkins.

RHUBARB MARMALADE

Wash seven pounds of rhubarb and cut into inch pieces (leaving the skin on) and weigh seven pounds of sugar. Boil for one hour and before the first hour is up add the juice of two lemons and the thinly sliced rind. Seal hot.

TWENTY-FOUR-HOUR RHUBARB JAM

Wipe the rhubarb, weigh and cut into inch lengths. Allow an equal weight of sugar. Put all into the preserving kettle and let stand twenty-four hours. Drain off the syrup and boil for ten minutes; pour it over the rhubarb and boil for twenty minutes, stirring often. As soon as it shows signs of stiffening, seal hot. Keep in a dry, cool place.

GINGERED RHUBARB JAM

Prepare as for the Twenty-four Hour Jam but when boiling the drained syrup add one pound of bruised white ginger in thin bag, or finely chopped preserved ginger to each seven pounds of rhubarb. Return to the rhubarb for another twenty-four hours; boil for twenty minutes. If stiffening, seal hot.

SPICED RHUBARB

Two and a half pounds of rhubarb, washed and cut into inch lengths; two pounds of sugar, seven-eighths cup of vinegar, one

teaspoon of ground cinnamon, half a teaspoon of cloves; cook all together slowly until it begins to stiffen slightly. Seal hot in small glass jars.

RHUBARB-ALMOND MARMALADE

Four pounds of rhubarb, washed and cut; four pounds of sugar, four lemons, the grated yellow rind of one lemon; small quantity of almonds (sweet) blanched and shredded. Mix all and let stand over night then cook slowly until done. Seal hot in small jars.

RHUBARB-PINEAPPLE MARMALADE

Wash six pounds of rhubarb and cut into lengths. Add four and a half pounds of sugar and let stand over night. Boil together the next morning till almost done and add one tin of pineapple cut into shreds. Boil ten minutes and put into sealers at once.

SASKATOONS AND RHUBARB

Boil together five pounds of sugar and one and a half quarts of water until a moderately thick syrup results. Add seven pounds of rhubarb, washed and cut, and four or five quarts of saskatoons. When well blended seal at once.

RHUBARB-RAISIN JAM

Three cups of stewed rhubarb, three cups of sugar, one cup of raisins, seeded and chopped, the juice of one orange and one lemon. Cook until thick and pour into hot jelly glasses. Seal at once. Instead of raisins there may be substituted minced dates, figs, prunes, dried peaches or apricots.

RHUBARB-STRAWBERRY PRESERVES

Allow equal quantities of fruit and sugar and combine the fruits in the proportion of one-third strawberries to two-thirds rhubarb. Cook slowly and, when of the right consistency, seal hot.

RHUBARB-NUT CONSERVE

Two quarts of prepared rhubarb, two pints of sugar, juice and grated rind of two oranges, one cup of raisins minced and one cup of walnut meats, broken fine. Let the sugar and the rhubarb stand over night. Add the other ingredients except the nuts, and cook slowly until almost thick. Ten minutes before taking from the fire add the nuts.

OLD-FASHIONED GINGERED RHUBARB

Cut the prepared rhubarb into four inch lengths. Weigh and allow an equal amount of sugar. Pack into a preserving kettle in layers, with root or powdered ginger between. After standing two days, boil up once and set aside over night. Repeat this process until the rhubarb looks firm and transparent and the flavor of ginger

is noticeable. The syrup must be rich and heavy, moving very slowly. Seal well in glasses.

PRESERVED GINGER

Weigh the root after washing and trimming and bruise slightly. For each pound of root allow one and a half quarts of boiling water, one-half pound of sugar; add the water to the roots and boil for two hours. Lift on a skimmer from the water and remove the outer skin with a sharp knife. Return the roots to the water, add the sugar and let all simmer for two hours. Cover and set in a cool place for one or two days. At the end of that time reheat to boiling and then simmer for two hours. After two days simmer again for two hours adding for this last cooking one cup of sugar and one-half cup of boiling water for each original pound of the roots. Boil until the syrup is very thick and rich. The ginger should be tender and jelly-like and the flavor pronounced.

PARSNIP JAM

Blanch the parsnips until the skins come off easily. Weigh, and for each pound allow one lemon and half a pound of sugar. Slice the parsnips and cook in clear water until soft enough to pulp. Save one cup of the water in which they were boiled. Put parsnip pulp, the parsnip water, the sugar and juice and grated rind of the lemon into the preserving kettle. Stir well and boil half an hour.

PARSNIP MARMALADE

Follow any good recipe for carrot marmalade substituting parsnips for carrots and flavoring with lemon.

QUINCE MARMALADE

Wash the quinces and, without paring or coring cut into thin slices. Put into a jar with one cup of water to each pound of fruit. Set in the oven until soft enough to press through a sieve. To each pint of pulp add three-quarters of a pound of granulated sugar. Boil slowly until it jellies.

ELDERBERRY JAM

Wash, drain, strip from the stems and weigh. For each pound allow one pound of sugar and the juice of one lemon. Put the berries into the preserving kettle, mash slightly and stand over a gentle heat until the juice is extracted. Add one-third of the sugar and simmer gently. As soon as the fruit is softened, press through a sieve. Return the pulp to the kettle, add the rest of the sugar and the lemon juice; also the grated yellow rind of the lemon. Boil for half an hour or until of the proper consistency. Seal hot.

CRANBERRY-RAISIN MARMALADE

One quart of cranberries, two cups of seeded raisins, two cups of granulated sugar, one cup of water. Boil the cranberries until they become soft. Press through a sieve, add the sugar and raisins (which have been washed and minced), and boil slowly for half an hour or until like thick sauce. Stir frequently and seal hot.

CRANBERRY-ORANGE JAM

Chop coarsely one quart of cranberries, one-half cup of raisins, and the peel of one orange. Add two cups of sugar, the pulp of the orange sliced thin, and just water enough to start cooking. Stir often. When of a good consistency, but not stiff, seal in small jars.

PRUNE MARMALADE

Wash four or five pounds of the largest prunes. Add enough water to cover and soak over night. In the morning cook slowly in that water till tender. When cool, remove the stones and cut the prunes into eighths. Add one cup of honey, one and a half pounds of sugar, one lemon freed of seeds and sliced thin, the juice of one grape fruit, one teaspoon each of ground ginger and cinnamon and half a teaspoon of cloves. Add the water the prunes were cooked in and simmer until of the right consistency—tender and not watery, but not stiff.

TEMPERANCE TUTTI FRUITTI PRESERVES

This is made of a combination of fruits. Avoid the varieties having small seeds. Early summer fruits, used together, are, ripe cherries, stoned, three quarts; four pounds of fresh apricots, pared and halved; two pineapples pared and shredded; eight pounds sugar. Put all into the preserving kettle and let stand for an hour, stirring several times carefully. There should be enough juice to cook, without the addition of water, let stand longer if necessary. Heat gradually and cook slowly until the fruit is tender but not broken. Lift carefully on a skimmer and put into a bowl. Boil the syrup down until very rich, add the fruit, boil up once more and turn all into a large stone jar closely covered or divide carefully among smaller glasses and seal. Some think spices improve this delicious preserve. If liked, tie the spices in a bag, and keep in while the fruit is cooking.

For a combination of late summer fruits use peaches, pineapples, large blue or red plums (sweet) in equal quantities. Use sugar in the proportion of eight and a half pounds of sugar to three quarts of each kind of fruit. Add two lemons, washed, sliced thinly and freed from seeds. Any syrup left after the fruit has been used may be saved for the next batch or used in mince meat, pudding sauces or for baked apples de luxe.

ROSE HIP JAM

Gather the hips before they become soft and wrinkled and choose a dry day. Cut off the stems and crowns and rub the hips with a coarse cloth. Add half a pint of water to each pound and cook until they pass easily through a sieve. To each pound allow three-quarters of a pound of sugar. When the sugar is melted boil until the jam sets when tested. If liked, add a tablespoon of ground ginger to each pound.

ROSEBERRY SYRUP

Add just enough water to the berries to keep from burning. Strain the juice and add three-fourths as much sugar. This will not make jelly but makes a rich syrup which is delicious in itself or as a foundation for other jams.

SOLANBERRY PRESERVES

These may be made into a short-process preserve by making a rich syrup using twice as much sugar as water, adding the berries and cooking twenty minutes. Another method is by cooking the berries in their own juice for fifteen minutes. Add three-fourths as much sugar as berries and boil for twenty minutes.

HARD PEAR JAM

Four pounds of hard pears, four pounds of sugar, juice and grated yellow rind of two lemons, two ounces (or more) of whole ginger. Cut the pears into dice, cover with the sugar and let stand over night. Add the lemon juice, tie the grated rind and ginger in a thin muslin bag and boil all together the next morning until the pears are soft and the juice jellies when cold. Remove the bag, divide the pears among the glasses, fill up with the hot syrup and seal.

BARBERRY-PEAR JAM

Use seedless barberries if possible; if not, press the softened berries through a sieve. In any case pull the berries from their stems, wash, crush slightly and simmer till tender. Put through a sieve, if necessary, add an equal amount of sugar and boil for five minutes. To six cups of the pulp add six pears which have been pulled, cored and sliced thin, two cups of water and three cups of sugar. Cook all together until thick. Seal at once.

Instead of using the pulp of the barberries, when cooked and softened they may be turned into the jelly bag and drained. Make this into a jelly, using an equal amount of sugar, and cooking in it thin slices of hard pears. Lift the pears out as soon as transparent and soft. It is a good idea to use as little of the jelly as possible while cooking the pears and cook the other into jelly, pouring it into the pear syrup just before sealing.

RASPBERRY JAM

Crush the fruit and simmer till smooth rather than watery. Measure and allow an equal amount of sugar. Boil for one minute and try on a cold plate. It should hold its shape without being stiff. If not, boil for another minute, testing often. Seal hot.

RASPBERRY-CURRANT JAM

Seven pounds of raspberries, one pint of red currant juice and six pounds of sugar. Add the currant juice to the berries and cook all together until about the consistency desired for the jam. Allow an equal amount of granulated sugar made hot in the oven. Add

to the fruit, stir to dissolve the sugar and test often for jelly. This should form in about ten minutes or less time. Some prefer the raspberries put through a fine sieve to remove the seeds.

CHERRY JAM

Six pounds of cherries, three pounds of sugar, one and a half pints of water. Use only perfectly ripe, unbruised berries, remove the pits and weigh. Boil the sugar and water together for ten minutes, skimming well. Add the cherries, boil for ten minutes and then set aside, covered, for twenty-four hours. Strain the syrup into a clean pan, add half a cup more of sugar and boil to a rich syrup. Add the cherries, boil for ten minutes and seal. Store in a dry, cool place and do not keep long.

CHERRY JAM, No. 2

Stone and weigh freshly gathered cherries. Place over a slow fire till the juice is extracted and then simmer briskly for an hour stirring often. At the end of that time add one half-pound of sugar for each pound of fruit and boil for twenty minutes, skimming well. The jam should be firm, but not tough, with fine color and flavor. If not sweet enough, use one pound to each pound of fruit in which case boil the cherries only three-quarters of an hour before adding the sugar and boil only ten minutes at the finish.

CHERRY AND RAISIN JAM

Wash and stone three pounds of cherries, add one and a half cans of white corn syrup, one pound of sugar, two packages of seedless raisins and cook slowly until thick. Seal hot.

PEACH JAM

Blanch the peaches to soften the skins. Pare and slice thin. Mash to a pulp and put equal parts of fruit and sugar into the preserving kettle. Cook slowly for one hour, stirring well.

PEACH BUTTER DE LUXE

To every four quarts of sliced fruit allow two cups of white grape juice, one pint of maple syrup, a pinch of salt and two cups of white sugar. Cook very slowly, stirring often, till thick, then add one teaspoon of ground mixed spices and one teaspoon of ginger. If thick enough (not stiff) this should keep in a small stone jar with paraffine paper, and cloth tied down closely. Store in a cool, dry place.

PRESERVED PEACHES

Ten pounds of pared and sliced peaches, ten pounds of sugar. Let all stand until the sugar is dissolved. Bring to the boil, stirring constantly to prevent burning. Lower the heat and simmer for one hour. Seal hot.

JELLY MAKING

It is said that the laws which governed the Medes and Persians were unchangeable. In that respect the laws which govern the successful making of jelly resemble those ancient laws. They are unchangeable, inexorable; but, fortunately they are few and simple. In number they are four.

First of all comes the law that fruit used for jelly making must have in its composition the jelly-making element. If that is lacking in whole or in part it must be supplied by the addition of some other fruit containing that property.

Second, the fruit must be under-ripe, for with maturity the jelly-making property disappears.

Third, careful attention to temperature during the cooking of the juice is imperative—avoidance on the one hand of long, slow cooking and, on the other, of violent boiling.

Fourth, vigilant attention to signs, not those of superstition but the signs that point to chemical changes which take place in jelly making.

APPLYING THE RULES

Rule one requires a special chemical element which, for practical purposes, is represented by acid. Some fruits, like cherries, strawberries, peaches and pears will not make jelly unless combined with the acid of lemons or with such fruits as apples or grapes, or with the jelly-producing element contained in the rinds of lemons and oranges.

This also explains rule two as to the maturity of fruit. Some fruits will make excellent jelly if under ripe but need coaxing by combination with some of the helpers mentioned as the fruit ripens.

Mature fruit has another disadvantage which can be overcome in no way. Its fibre breaks down and becomes so closely incorporated with the juice that clear pure juice is actually unobtainable. This will result in cloudy jelly or, if too pronounced, in no jelly. It is because of this characteristic of all fruit when cooked, that expert jelly-makers never squeeze the bag from which this juice drips. The pulp is left undisturbed and frequently becomes the basis of jams and marmalades in combination with other fruits.

Strict attention to signs is imperative. If the juice is boiled for too short a time it does not form into jelly; if too long a time is given to boiling the same thing happens; but in this case the trouble lies in the fact that the jellying stage has been reached and passed—never to return. There is a tide in jelly-making as in the affairs of men. Disregarded, it never returns.

WHAT IS THE SIGN?

A method of testing long used and handed down from generation to generation is that of placing a bit of the juice on a cold saucer. Anyone who has tried that test knows of the amount of juice used before the crucial moment arrived. She also knows of the nervous strain attendant on the uncertainty as to just when the moment will arrive. There is the added fact—and a significant one it is—that all the time one is waiting for the sample to cool the juice has been cooking and changing. This introduces too much of the element of guess work into jelly making.

There is a much better test than the one mentioned. If the boiling has been going on at the proper rate—steady and moderate—there should be a significant change in the syrup at the end of ten minutes. The juice will begin to rise higher in the container and form larger bubbles. That is the time for vigilance. Hold a silver tablespoon vertically in the juice and lift it straight up watching as the juice drips from this side of the bowl. It will coat the bowl like molasses and immediately break into sections. But on the edge of the spoon is the real sign. Twin drops will form. That is a sure sign that the jelly is ready to be filled into glasses.

Be sure that the drops are twins. Drops will follow each other in rapid succession; but twins are twins! They stand, or rather hang, side by side.

Glasses should be ready for instant filling. They should have been washed and then sterilized in boiling water—cold to start. They may stand in the hot water while being filled if that is more convenient. Put a silver spoon into the glass while filling. The spoon takes up the extra heat and prevents breakage. Remove it in a few moments before the jelly begins to set. Avoid draughts, always.

One word about skimming. It is best to push the top coating, that may form during the cooking, to one side just as the jelly is removed from the fire and allowed to become quiet. Do not break the coating as it is too likely to mix through the jelly and can not be removed. This is especially true if over-ripe fruit is used.

Jelly bags are important. They must be clean and of close texture but at the same time thin. Flannel of a fine quality is excellent. Close fine cotton is also good. Let the juice drip without squeezing. It does no harm for the juice to become cold.

ADDING WATER TO FRUIT

The less water one adds to fruit the more of the fruit flavor enters into the jelly. Too much water would destroy all pos-

sibility of jelly. Some fruits, like currants need no water. Other fruits, like quince, need more than enough to cover the fruit because of the long cooking (slow) needed to extract the quince juice. Some other fruit, like juicy apples, needs only enough to start the cooking. When cooked fifteen or twenty minutes turn all into the bag and allow to drip.

PROPORTIONS OF JUICE AND SUGAR

When all the juice has dripped out measure two cups of juice and in exactly the same sized cup (but dry) measure two cups of granulated sugar. Bring to the boil, stirring to dissolve the sugar. After that boil without stirring to the twin drop stage. Do not attempt to make more than two cups of juice at a time.

MARKS OF GOOD JELLY

Good jelly is not like cheese. It is firm but quivering. It is as clear as crystal, will stand alone and spread easily.

PROPER UTENSILS

Use nothing in jelly making that can possibly corrode. An enameled surface is essential whether the utensil be granite ware (unchipped), porcelain lined kettle used in the house-keeping of long ago, or glazed earthenware. Likewise the spoons should have a silver surface or be of bone or wood. Iron spoons or those from which the plating has worn away must not be used.

JELLY HELPERS

A few fruits are great "first aids" in jelly making. None is superior to a tart, juicy apple. While this is fortunate in some instances there is danger of overdoing the good work. There is often a tendency to use so much apple that the apple predominates and all the jelly made during the season will be to all intents and purposes apple jelly. A very little apple goes a long way without disclosing its presence. Apples alone make delicious jelly and no one need hesitate to serve delicate, quivering, apple jelly, nicely flavored.

CANNING JUICE FOR JELLY

It is often impossible to extract the juice from fruit and make it up into jelly immediately. In that case heat the juice and seal at once without sugar. Make into jelly when convenient.

JELLY OR NO JELLY

There is a simple test to ascertain whether or not certain fruits will produce jelly. Take small quantity of the juice made by cooking the fruit in a little water. Keep the hot juice over hot water and add an equal amount of grain alcohol. If pectin—

the jelly-making element—is present it will separate from the liquid in a jelly-like mass which can be taken up on a spoon. If this does not happen you know that it is necessary to add the juice of apple, citron, melon or prepared white inner rind of oranges and lemons. Also add, for flavor's sake the juice of half a lemon.

To prepare the orange or lemon rind remove the white inner portion, cut very fine and cover with water. Soak over night and cook slowly the next morning for three hours. Drain and bottle for use. Add more or less according to fruit used. As a rule the basis of the jelly should be the citron preparation with enough peach, cherry, or other fruit juice to color and flavor.

APPLE JELLY

Wipe apples, remove stem and blossom ends, and cut in quarters. Put in a granite or porcelain-lined preserving kettle, and add cold water to come nearly to top of apples. Cover, and cook slowly until apples are soft; mash, and drain through a coarse sieve. Avoid squeezing apples, which makes jelly cloudy. Then allow juice to drip through a double thickness of cheesecloth or a jelly bag. Boil twenty minutes, and add an equal quantity of heated sugar; boil five minutes, skim, and pour into glasses. Put in a sunny window, and let stand twenty-four hours. Cover, and keep in a cool, dry place. If apples are pared the jelly will be lighter. To heat the sugar, put it in a granite dish, place in oven, leaving oven door open, and stir occasionally.

APPLE VARIATIONS

A bunch of mint may be added during the reduction boiling and the product colored with vegetable coloring, or a rose geranium leaf or two used as a flavor, or make a bag of mixed spices (cloves, stick cinnamon, allspice buds, etc.) and boil in the juice, making a delicate spiced jelly; to this add two or three tablespoonfuls of vinegar or lemon juice. This is delicious with meats. Or make a combination of grape juice and apple juice, proceeding as with ordinary apple jelly. This makes a product of a beautiful color and consistency, much less apt to crystallize than when all grape juice is used.

APPLE AND BARBERRY JELLY

Add any amount of barberry juice to apple before measuring and boiling; proceed as with ordinary apple jelly. This yields a wonderful jelly color and piquant flavor to serve with meats.

COLORING APPLE JELLY

By combining apples and other fruits various colors result. Strawberries and lemon juice give a rose-pink jelly; cherries, a

different pink; blackberries, a dark red; Northern Spy and lemon, a clear amber. Layers of color are secured by filling to a certain depth and allowing to harden then following with another color.

BARBERRY JELLY

Gather the berries as soon as they have felt the first tinge of frost, which give them a dark rich color and the "tang" that makes the jelly so delightful. Free the berries from stems, wash, and to every two quarts allow a half cupful of water. Cook until the juice presses out easily, take from the fire, mash, strain and measure the juice. To a pint of juice allow a generous pound of sugar, for barberries require more sugar than most fruits. Heat the sugar the same as usual in making jellies and add to the juice after it has cooked the regulation twenty minutes. Cook five minutes after the sugar is added, then turn into the glasses, sealing when cold.

BLACKBERRY JELLY

Strip the berries from their stalks, put them in a jar; set them in a pan of boiling water, and simmer them till their juice is extracted. Then strain and squeeze through a fine canvas. To every pint of juice allow a quarter of a pint of water and a pound of sugar. Stir together in a preserving pan over the fire, and boil the jelly for half an hour, reckoning from the time it begins to boil all over. Remove the scum as it rises. When a little of the jelly will set on a plate, pour it into small pots.

CHOKECHERRY JELLY

Stew cherries in boiling water enough to cover and stew a quantity of apples the same way. Put in a bag separately and drain. Measure three cups of chokecherry juice and four of apple juice and boil together about fifteen minutes, being sure to keep well skimmed. Add four cups of sugar, first heating it, add to jelly and boil till the juice will set.

CHOKECHERRY—RHUBARB JELLY

Use a few green chokecherries with the ripe ones; also a few stalks of rhubarb and, if you have them, a few late red currants, even though very ripe. Drain the juice and add an equal quantity of sugar. The jelly will be of a beautiful color and of pleasing tartness.

CRABAPPLE JELLY

Cut up clean, washed crab apples into quarters, without peeling; add half as much water and cook till the apples are soft. Strain the juice through cheesecloth as long as it will drip, then strain it again through a flannel bag. To every quart of juice

add a quart of granulated sugar. Stir over the fire until the sugar is dissolved. Bring to the boiling point, skim; boil again, skim; and repeat a third time. Use sterilized glasses into which to pour the hot liquid.

CURRANT JELLY

Pick over and wash currants, crush with wooden masher and cook until currants look pale, stirring when necessary to prevent scorching. Strain through cheesecloth, bring juice to boiling point and boil ten minutes, measure, and to each cup of juice add three-fourths cup sugar. Boil from two to five minutes or until jelly will show two drops, side by side, when dropped from side of spoon. Pour into sterile glasses, leave in sunny window until stiff, cover with melted paraffin and covers, and set in a cool, dry place.

TO BOTTLE CURRANT JUICE

The juice is first pressed from the fruit by means of a fruit press or an improvised press. It should then be heated to 110 degrees Fahrenheit, in an acid-proof kettle. As soon as heated, it should be poured into hot glass jars or bottles. If the jars are used, put the rubber on the jar, and then the cover, which is partly fastened down. Set the jar in a boiler of warm water on a rack, which keeps it from touching the bottom. Have the water entirely cover the jar to the depth of two inches or more. Heat to boiling and boil thirty minutes. If the juice is put into bottles, make a cotton stopper and press it into the neck of the bottle. Set the bottle into water that has been boiling and that comes up to the neck. Keep this at a temperature of 165 degrees Fahrenheit for forty minutes. Remove the bottle from the boiler. Have a cork to fit the bottle soaking in melted paraffine. Press this cork in on top of the cotton stopper, and coat the neck of the bottle and cork with melted paraffine.

BAR LE DUC CURRANTS

Select large currants and remove the stems. To half a pound of fruit allow one and one-half pounds of sugar. Take other currants and crush them. Take a cupful of the juice of the crushed currants, and let it simmer slowly with one and one-half pounds of sugar. Add no more water if you can help. When sugar is nicely dissolved drop the half-pound of whole currants into the syrup. Cook a few minutes slowly. Strain carefully, that the currants may remain whole. Boil the sirup until thick, skim, return the whole currants carefully to the kettle, let boil up once and pour into glasses.

GOOSEBERRY AND RED CURRANT

Top and tail two pounds of gooseberries (under ripe); add one-half as many red currants, mash the currants and let all cook slowly to extract the juice. If needed add a little water to start the gooseberries. Drain and use equal parts of sugar and juice for the jelly.

RED RASPBERRY AND RED CURRANT JELLY

Use one-third as much of raspberries as currants. Crush the fruit slightly and cook slowly, to extract the juice. Drain and for the jelly use equal parts of juice and sugar.

ELDERBERRY JELLY

Pick when quite ripe; put in a pan with sufficient water (about half a pint to every pound). Boil for twenty to thirty minutes, or until the juice is thoroughly extracted. Strain through a jelly bag, and allow three-quarters of a pound of sugar and one teaspoonful of glycerine to every pint of jelly. Boil again for fifty or sixty minutes, or until it jellies. Skim and pour into jars.

MAKING TWO KINDS AT ONCE

Ripe grapes are referred to in the following directions. Take half the grapes in a small grape basket and wash carefully by lifting the bunches up and down in cold water. Have ready two granite saucepans and drop the pulps with the escaping juice into one pan and the skins into the other. In each pan place one medium tart or unripe apple, sliced, the juice of one-half lemon and a half cup of water. Into the pan containing the skins, put two level tablespoons of ground cinnamon and one of ground cloves. Allow the contents of each pan to simmer slowly until the pulp has softened enough to loosen the seeds and the skins in the other pan are thoroughy soft. Do not cook enough to release more than all the juice, however. Have ready two jelly bags and empty the pulps and juice into one and the skins and juice into the other. Allow to drip without squeezing as otherwise the jelly will not be crystal clear. All the juice will drip if time is allowed.

HARLEQUIN JELLY

Remove stem and blossom ends from one peck of Baldwin apples and four quinces and take out cores from latter. Quarter and put in kettle with one quart cranberries. Almost cover with water. Cook slowly until fruit is soft. Strain through jelly bag. Boil juice twenty minutes and add an equal quantity of sugar. Boil until it jellies.

LOGANBERRY JELLY

Heat the berries slowly until they are reduced to a pulp, preferably in a jar in the oven with water to cover the bottom of the vessel. Strain them through a jelly bag made hot by pouring boiling water through it. Boil the juice for ten minutes, removing any scum that appears. To each pint of juice allow two cupfuls of sugar which has been heated in the oven. Add the sugar gradually and continue the boiling gently until the jelly will stiffen when tested on a cold plate.

MOUNTAIN ASH JELLY

Wash the fruit well, free from stalks, and put into a preserving pan with sufficient water to cover. Simmer gently till the water becomes red and tastes bitter. Strain off the water without squeezing the fruit. To each pint of liquor take one pound of sugar. Put the liquor and sugar into the pan, stir till the sugar is melted, then boil till it jellies on a little being put on a plate and allowed to cool. Pour into small jars and cover. It takes about forty minutes to boil. This is nicer if made with an equal quantity of apples.

PEACH JELLY

Peaches never make a firm jelly that will retain its shape when turned from a mold, but no jelly is more delicious for cake-fillings.

For jelly select peaches not quite ripe enough for eating. Rub off the down with a rough cloth, cut in pieces, saving the pits. Cover with water and cook slowly in a closely covered vessel until the fruit is soft.

Turn into a jelly-bag and hang to drip. When the juice is extracted, measure and allow to every pint of juice a pound of sugar and the juice of a lemon. Set the sugar in the oven to heat and place the liquid uncovered over the fire.

Cook steadily for twenty minutes, add the heated sugar, stir till dissolved, cook five minutes, then strain through a cheese-cloth bag into glasses.

PLUM-PEAR JELLY

Use equal parts of the fruit and make the jelly in the usual way.

QUINCE JELLY

Select quinces that are a greenish yellow. Pare the quinces and cut into quarters. Remove the cover. Put the parings and cores into a preserving kettle with one whole quince cut in thin slices. Add water to cover the fruit and cook slowly to extract

the juice. When they have cooked for ten minutes add moderately tart unpared apple to half the amount of quince. If necessary add a little more water. When all the juice is extracted make into jelly in the usual way.

If preferred the apple and quince may be cooked separately. This is a good plan for the unsqueezed pulp of the quince is then available for marmalade. Add to the quince pulp half as much of pared and cored apples cut into quarters or sliced thin. Add three-fourths as much sugar as fruit and cook till of a good consistency.

RHUBARB JELLY

Wash and cut the stalks lengthwise into thin strips. Cut again into shorter lengths. Add a few spoonfuls of water and one large tart apple to each quart of rhubarb. Instead of apple you may use two or three bunches of green grapes or the juice of one lemon. Cook till soft, turn into double boiler or into the jelly bag and allow to drip. Use equal parts of juice and sugar in boiling for jelly.

TOMATO JELLY

Cut ripe (but not over ripe) tomatoes in quarters or thick slices, let cook in a saucepan over a slow fire until soft throughout, then drain in a jelly bag. Let drain without pressure, or too much pulp for a clear jelly will be taken. For each quart of juice add the thin yellow rind and the juice of a lemon. Let boil twenty minutes, then add a cup of sugar for each cup of juice; set to cook, and let cook until a little of the mixture jellies when poured on a cold saucer. If the tomatoes are very ripe, honey, rather than jelly will result. This condition may be remedied by the addition of a cup of apple juice to five or six cups of the tomato juice. Or apple parings with a few quartered apples may be cooked with the tomatoes.

PICKLES AND HOW TO MAKE THEM

Besides affording convenient and fascinating ways of using fruits and vegetables, which would otherwise go to waste, pickles form no mean part in the daily bill of fare. The fact that they are more frequently abused than used properly, cannot be used as an argument against their desirability. Young people crave pickles and sweets and should be supplied with these and be taught how to use them. No one should be allowed to create such a poor standard of taste for himself that he will ruin and utterly destroy the flavor of perfectly cooked beef steak, for instance, by drenching it with highly seasoned chili sauce. Every child should be trained to form a fastidious standard in flavors so that throughout his entire life he

will season his food discriminatingly rather than lavishly, daintily and understandingly rather than heedlessly or ignorantly. Instead of making catering a tiresome and discouraging task such training will produce a generation who choose well-cooked and comparatively plain food.

It is very important therefore to have a carefully selected list of pickles both sweet and sour and serve these at the right time. Almost any fruit or vegetable will make a good pickle. The same variety of fruit or vegetable can be used in almost every kind of pickle. The main thing therefore is to assort and assign the material and use care in selecting the accessories. Vinegar must be of the best. For some pickles cider vinegar is preferable; for others, malt vinegar is best. Mixed spices are very convenient but frequently an entirely different combination is desired and it is therefore well to keep on hand tightly sealed tins of tiny chili peppers, celery seed, white mustard seeds, ground mustard, turmeric, curry powder, dill and all the other flavoring herbs.

The usual method of pickling begins with a brine over night. Most recipes say to make a brine that floats an egg. This is too indefinite, as eggs float more and more easily on every day of their existence. A small potato the size of an egg undergoes less change and is a safer guide. If pickles are to be stored in brine care must be taken that it is not too strong as, in time, the pickles will become soft. Although pickles will keep well unsealed, they keep better if sealed like fruit or covered very closely. If time presses and it is not convenient to soak overnight in brine the pickles may be brought very slowly to the boiling point in the brine and then set away till cool. Rinse well and proceed with the pickling.

Be careful to use enameled pans or glazed earthenware for heating or soaking the pickles. Tin, iron, copper or chipped enamel is dangerous with some combinations and the flavor is entirely undesirable. No amount of spices will disguise the undesirable taste. To use such vessels is a waste of good material.

BUSY WOMAN'S PICKLE

To every gallon of vinegar allow one cup of salt, one cup of sugar and one cup of ground mustard. Mix thoroughly, add a little of the vinegar at a time to make a paste. Add to the rest of the vinegar and stir well. Put into a stone jar and throw in from time to time whatever material is on hand. There is no necessity for brining nor heating. If preferred, glass sealers may be filled and the prepared vinegar filled to the top, stirring well each time before using.

PICKLED BEANS

Gather the beans when tender, prepare them the same as for cooking, then put them in a crock with plenty of salt the same as for green pickles, and leave them twelve hours, then take them out, put them on to boil with hot water. Cook them quickly and when just

done, drain them. Be careful to not overcook. Then set on the stove, fill to cover with cider vinegar and use spices to taste. Use a moderate quantity of mixed spice. Let the mixture stand for fifteen minutes, then bottle and seal. They keep perfectly and improve with age. Scarlet runners are exceptionally good put up in this way.

PICKLED BEETS

Boil the beetroots from three-quarters of an hour to an hour and a half, according to size; cut them into any form you please, and put them into a jar. Boil three quarts of vinegar, with half an ounce of mace, half an ounce of ginger and a few slices of horseradish, and pour it while very hot over the beetroots. Tie them over, and set them in a dry place.

BEET AND CABBAGE RELISH

Use for this two quarts each of cooked and finely chopped beets and cabbage. Add four cupfuls of sugar, two scant tablespoonfuls of salt, one tablespoonful of black pepper, a half-teaspoonful of cayenne, a cupful of grated horseradish and enough cold vinegar to cover. Pack in glass jars, cover and keep in a cool place.

CABBAGE CHOW CHOW

One large head of white cabbage, two green peppers, one teaspoonful of celery seed, one pint of small onions, two tablespoons of salt, one-fourth cup black mustard seed, the sauce of white mustard seed, one-half pound of brown sugar and about one quart of vinegar, with a small piece of alum.

Chop all very fine, mix, sprinkle lightly with salt, and let stand an hour, then drain for three hours. Mix in a kettle the brown sugar, celery seed, and black and white mustard seed. Add the vinegar and alum; let all boil up, then pour it over the cabbage; cover tightly. This chow chow may be made in the winter if relishes become scarce.

PICKLED RED CABBAGE

Shred the cabbage fine. Spread it on large dishes, cover lightly with salt and let it remain three days. Put it in a colander, lay a plate over it and put an iron on the plate to press out salt and water. If the cabbage is wanted for immediate use, the vinegar to cover it can be boiled with a teaspoon of allspice in a bag. If it can be kept to ripen it can be covered with cold vinegar and the allspice bag put in among the cabbage.

PICKLED YOUNG CARROTS

Very small carrots may be pickled as follows: After cutting off the heads and tails measure two quarts of the roots, and add to one pint of vinegar, boiled with one cup of sugar and an ounce of mixed pickling spices tied in a bag. Let the carrots simmer in the sweet pickle for at least ten minutes after boiling has recommenced, or until they are very soft and tender, but have not lost their shape. Remove carefully into sterilized jars and seal.

UNCOOKED PICKLED CARROTS

Use very young carrots whole. Scrape either young or old, slice the old ones rejecting the very tough portions. Put up by "Busy Woman's Pickle" method. They will be ready to eat in about two weeks.

PICKLED CARROTS

Cook carrots until tender, cut in halves or quarters if the carrots are large. Make a syrup of one cup of sugar, one cup vinegar and spice to taste; drop the cooked carrots in the boiling syrup for five minutes, seal in jars. Or the cooked carrots may be dropped in hot vinegar, sealed and used as sour pickles.

PICKLED CELERY

Cut into one-inch lengths a dozen good-sized heads of celery, using the green tops as well as the stalks. Boil for not more than two or three minutes in the following pickle: Two quarts of cider vinegar, one pound of salt, two ounces of sliced ginger root, one-half ounce of whole mace, and one green and one red pepper, sliced. This mixture should be boiling before the celery is put into it. When the celery has cooked for the specified time, it is packed into jars and sealed. Any left-over vinegar will be found excellent to flavor sauces or salad dressing.

PICKLED CAULIFLOWER

The following makes a good cauliflower pickle and it may be made as needed or made and stored for future use: Wash thoroughly and break into sprigs a large cauliflower. Put these into a saucepan with warm water to cover and salt enough to taste. Put a small salt-spoonful of alum in the water, and boil up. Strain off the water and put the sprigs, when cold, into glass jars. Boil some vinegar seasoned with a few peppercorns, a blade of mace, and a piece of root ginger. Pour this, cold, into the jars, and tie down.

SWEET PICKLED CHERRIES

Stone the desired number of large cherries, cover with cider vinegar and stand in a cool place over night. The next morning drain off about half of the liquor and use this for making "shrub" or cherry vinegar. Arrange the cherries and the rest of the liquor in a stone crock with alternate layers of white sugar for each pound of the fruit. Add also a broken piece of stick cinnamon and for three pounds of the cherries, eighteen whole cloves and ten blades of mace. Keep the crock covered and in a cool place and stir up daily with a wooden spoon for ten days. The pickle may then be put in smaller receptacles, but need not be sealed air-tight.

CHILI SAUCE

To one gallon of ripe tomatoes peeled and sliced, allow three large onions and two green peppers chopped fine, three cupfuls of vinegar, one-half cupful of sugar, or less if preferred, three tablespoonfuls of



A charming collection of table fancies. In the centre a muffin dish with an unusually well perforated cover; behind it a vase for the table flowers; beside it an egg-stand, holding four egg cups. At the front of the table a tea-cup has an elongated saucer to hold a bit of cake or a sandwich at afternoon tea. On each side of this are china jam-jars, each with its own little plate. At the left hand is a mustard, pepper and salt cruet, and beside that a capacious jam or pickle holder, with a wicker handle. These are all china, exquisitely decorated in colors.

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salt and three tablespoonfuls each of cinnamon and cloves. Let the mixture simmer slowly on the back of the range, stirring frequently, until it is of the consistency required. Then bottle.

SPRING CHILI SAUCE

Mince half a dozen onions into a can of tomatoes, a shredded red pepper and head of celery, half a cup brown sugar, pepper and salt to taste, cup of vinegar, and cook slowly for two hours.

CHOW CHOW

The ingredients are,—half a peck of green tomatoes, one head of cabbage, fifteen white onions, ten large green cucumbers, three quarts of cider vinegar, three pounds of brown sugar, one-fourth of a cup of turmeric, the same of black pepper seed, three-quarters of a pound of mustard seed, three red peppers, chopped fine, a quarter of a pound of ground mustard, one teaspoonful of curry powder, one cup of olive oil, and one quart of vinegar.

Chop all the vegetables rather fine. Put a layer of vegetables into a porcelain dish and sprinkle with salt; continue the layers of vegetables and salt until all are used; let stand over-night, then drain, discarding the liquid. Heat the vinegar, sugar, turmeric, seeds and chopped pepper to the boiling point and pour over the vegetables. Let stand overnight, then drain the liquid from the vegetables, reheat and again pour over the vegetables; repeat this process the third morning, then, when the mixture becomes cold, stir in the mustard, curry powder, oil and vinegar, mixed together.

APPLE CHUTNEY

In America, green tomatoes are used, but English recipes call for either green gooseberries or apples.

Weigh two pounds of green gooseberries, or green apples, cored, but not pared, and cut in rather small pieces. Cook in one pint of vinegar until the whole is reduced to a soft pulp. Add the following: One ounce, each, of fine-chopped green pepper and fine-chopped garlic; two ounces of shallots, also fine-chopped; one ounce of ground ginger, two ounces of salt, one-fourth a pound of mustard seed, three-fourths a pound of seeded raisins, chopped, and one pound of sugar. Stir the whole thoroughly, and allow to stand on the back of the stove for three days, stirring once in a while. This used to be easy to do in the days of the coal or wood stoves, but if either is lacking in your kitchen, the mixture may be simmered down to a thick mass, then placed in the fireless cooker to ripen for twenty-four hours, reheating the stones every eight hours. Bottle in small bottles, and do not use for at least two months. It is better at the end of a year, and keeps in excellent condition for two years or longer.

APPLE CHUTNEY—No. 2.

Pare and quarter three dozen green apples; peel and slice one dozen onions; mince three pounds of raisins. Mix well and add two quarts of cider vinegar, in which have been dissolved half a pound of salt and three pounds of sugar. A little molasses may be substituted for some of the sugar. Into a thin muslin bag tie two ounces of mustard seed, four ounces of bird's-eye chillies, two ounces of whole cloves, broken. Boil until the apples and onions are tender and the color is a rich, dark brown. This will take about three hours. Seal hot.

BENGAL CHUTNEY

Cook together a quart of good vinegar with a pound of sour, unripe apples, peeled, cored and cut in pieces. Cook, when soft rub through a colander, then return to the preserving-kettle with one pound of moist sugar, half a pound of dates cut in small pieces, half a pound of raisins seeded and chopped, two ounces of ginger chopped and pounded, a good-sized clove of garlic well chopped, an ounce of salt, and half an ounce of red pepper. Cook together about twenty minutes, stir and mix thoroughly; turn into an earthen jar and set in a warm corner overnight. In the morning put into small, wide-mouthed jars, cork well and set in a cool place. This chutney is eatable if used at once, but is far more delicious if allowed to mellow and ripen for several months.

CHUTNEY SAUCE

Chop coarsely twelve sour apples after paring and coring. Seed one cupful of raisins and two green peppers, add four medium-sized onions and six green tomatoes and chop very fine. Put four cupfuls of vinegar, two cupfuls of brown sugar, two tablespoonfuls each of mustard-seed and salt in a preserving-kettle and bring to the boiling-point. Add the chopped mixture and simmer for one hour. Now add the chopped apple and cook slowly until soft. Seal in pint jars.

ELDERBERRY CHUTNEY

Two pounds of elderberries, one large onion, one teaspoonful of ground ginger, two tablespoonfuls of sugar, quarter teaspoonful each of cayenne and ground mixed spices, one teaspoonful each of salt and mustard seed, and one pint of vinegar. Wash and stalk the berries, put them into a pan and bruise with a wooden spoon, chop the onion, and add with the rest of the ingredients and vinegar. Bring to the boil, and simmer until the mixture becomes thick. Stir well. Put into pots, and cover.

ENGLISH CHUTNEY

Pare six or eight firm, ripe tomatoes, add two tablespoons salt, place in a cheesecloth bag and drain over night; chop tart apples (there should be one-half pound after chopping) chop half a pound raisins, one red pepper, three small onions and add to the drained tomato pulp, add three large mint leaves chopped fine, one tablespoon white mustard seed, one cup granulated (cane) sugar; heat

three cups vinegar to the boiling point, chill and add to the mixture; thoroughly blend, keep in a stone jar for ten days and stir every day; place in bottles, cork and seal.

INDIAN CHUTNEY

Four ounces of raisins, three ounces of onions, one ounce of garlic, fourteen ounces sour apples weighed after peeling and coring, one pint of vinegar, two ounces of mustard seed, half an ounce of cayenne pepper, two ounces salt, four ounces brown sugar. Boil the peeled and cored apples with the sugar and vinegar until they are soft. Stone and mince the raisins. Skin and mince the onions and garlic, put them into a mortar with the salt, mustard seed, and cayenne, and pound and bruise well. When the apples are cold mix all the ingredients very thoroughly with them, and put into bottles.

INDIAN CHUTNEY NO. 2

Sixteen large green tomatoes soaked in brine for twenty-four hours. Slice and chop. Drain ten or twelve hours. Core twelve sour apples and chop fine. Peel and slice fine, eight onions. Put all together with one pound of stoned raisins, two pounds of brown sugar, one-half cup of salt, one tablespoon of cinnamon, one tablespoon of mustard, one tablespoon of black pepper and one-sixteenth of a teaspoon of cayenne. Put all in a porcelain or granite kettle. Add four cups of vinegar and cook slowly till clear. This must be sweet, sour, salty and spicy.

MARROW CHUTNEY

Cut four pounds of marrow into small thin slices; sprinkle with salt and let stand twenty-four hours. Pour off all the water. Chop one pound of shallots fine, add one ounce of ground ginger, half an ounce of mustard, one ounce of turmeric, twelve chillies, twelve cloves and three pints of vinegar. Mix all the dry ingredients together, add vinegar slowly to make a paste and pour all over the vegetables. Boil slowly for an hour, add one cup of granulated sugar and cook a little longer. Add any seasoning that seems lacking. Cook down thick and turn into an earthen jar, covered.

SPRING CHUTNEY

Put into a good sized kettle one can tomatoes (if very juicy, take out a cupful), one-quarter teaspoonful red pepper, two ounces ground mustard, one pound brown sugar, half-pound salt, four large or six small onions minced; a dozen large cooking apples, peeled and cored, cooked and put through colander, one quart good vinegar, one tablespoonful each of turmeric, allspice and cinnamon. Boil all together one hour, stirring constantly to keep from burning.

CITRON SWEET PICKLE

Citron sweet pickle is a novelty to the majority of housewives. It furnishes a delicious, spicy relish to serve with cold meats at very little cost. Carefully peel off every particle of the green rind from a ripe citron, then trim off all the soft inner pulp and cut into con-

venient-sized pieces for eating. Let them stand over night in a brine made from a heaping tablespoon of salt to two quarts of cold water; then drain and rinse thoroughly. Cook a small quantity at a time in water until tender and semi-transparent, then drain and cool. To every three and a half pounds of fruit make a syrup of two pounds of brown sugar, one large cupful of cider vinegar and half a cupful of water, adding two broken sticks of cinnamon, tied up in a small muslin bag. (Other spices may be added, but they tend to make the relish dark in color.) Cook the syrup until rather thick, put in the cooked citron, and as soon as it is heated through, remove the cinnamon and seal as for other preserves.

PICKLED CHOKECHERRIES

Bring to the boiling point a pint and a half of vinegar into which have been stirred half a cupful of brown sugar, a tablespoonful of whole cloves and a dozen blades of mace. Boil all together for five minutes, and set aside to cool. Have ready three quarts of chokecherries and put them into glass jars. Strain the spices from the cold vinegar, and pour the latter over the fruit, filling the jars to the brim. Seal at once.

CORN RELISH

Chop one head cabbage, sprinkle with salt and let stand one hour. Boil twelve cobs of corn five minutes, cut corn from cob; add to the corn four large onions, one large red pepper chopped fine, and cover with a dressing made of one quart vinegar, one tablespoon mustard, two teaspoons salt, one tablespoon celery seed, one cup sugar. Boil, then add one tablespoon flour, and one teaspoon turmeric mixed together. Add the corn and cabbage to this and cook about five minutes. If not sweet enough add more sugar.

SPICED SWEET CRABS

Cut out the blossom ends, but leave on the stems. Water to almost cover, and add one pint of vinegar, a broken stick of cinnamon, two blades of mace, two small pieces of ginger root, one tablespoonful of the whole cloves and two and a half pints of brown sugar. Cook this syrup for five minutes, put in the apples, simmer until transparent. If preferred, the whole cloves may be stuck in the apples instead of adding to the syrup. Divide the spices between the jars. These are fine with meat.

SPICED CRANBERRIES

Five pounds cranberries, three and a half pounds brown sugar, scant pint cider vinegar, two tablespoons cinnamon, two tablespoons allspice, one tablespoon cloves. Mix all ingredients and cook slowly for two hours. Good with cold meats.

PICKLING BRINED CUCUMBERS

Put the salted cucumbers in a crock and cover with cold water, changing the water every day, until the salt is drawn out. Then they can be pickled in any way one likes. For sweet pickle, use one

gallon vinegar, three pounds brown sugar, a quarter pound whole spice, boiled together. Pour this over the cucumbers while hot. For mustard pickles, use four cups brown sugar, half a gallon vinegar, half an ounce white mustard seed, a quarter ounce celery seed; boil together. Make a paste of three-quarters cup flour, a quarter pound mustard, a quarter ounce turmeric. Stir into liquid, let boil a few minutes and pour over cucumbers.

CUCUMBER PICKLES

Wash the cucumbers thoroughly, scrubbing them with a brush, then place in jars and cover with a weak brine, made by dissolving a handful of salt in one and one-half gallons of boiling water. Add this to the pickles when scalding hot. Repeat this process three mornings in succession and skim thoroughly. On the fourth, pour a quantity of vinegar into a porcelain kettle and drop into it a piece of alum the size of a walnut. Set this over the fire and, when it comes to the boiling or scalding point, put into it as many cucumbers as may be covered by the vinegar. Keep the kettle over the fire, but do not allow the vinegar to boil. As soon as the cucumbers are well scalded, skim them out and add others. Also add a small piece of alum with each new lot. When all the cucumbers have been used, throw away the vinegar and replace with good cider vinegar, to which spices should be added. Sort the pickles and place in stone crocks or glass jars, and pour over them the scalding hot spiced vinegar and seal.

SLICED CUCUMBER PICKLES

Wash carefully, then do not pare but slice thin, enough small cucumbers to fill a one gallon jar. Put into it a layer of cucumbers. Add one cup of salt, and continue this process until the jar is filled. Set it aside for three hours. Get together one ounce of black mustard seed, one ounce of white mustard seed, one ounce of celery seed, two onions chopped fine and one-half pint of olive oil. Remove the cucumbers from the jar and drain off the salt as thoroughly as possible. Put the cucumbers back in the jars again, in layers, but this time sprinkle each layer with the seeds and chopped onion and with two spoons of oil. When the cucumbers are all back in the jar, pour the remainder of the olive oil over them and fill the jar with good, cold vinegar and cover. The cucumbers should remain fresh and crisp.

RIPE CUCUMBER SWEET PICKLE

There are various methods of preparing ripe cucumber pickles. This method is liked.

Pare twelve large cucumbers and take out the pulp. Cut them in strips about two inches wide and three inches long; let them stand for a short time. Take two pounds of sugar, one pint of vinegar, one ounce of cinnamon, one-half ounce of cloves. Boil together and skim, then put in the cucumbers. Let them cook until tender, then take them out and let the liquid cook for fifteen minutes. Pour this over the cucumbers and cover and seal them tight.

FRESH CUCUMBER FOR WINTER

To keep cucumbers in the natural state to be served fresh in winter, take a dozen or more good-sized, solid cucumbers; slice as for salad; put in self-sealing jars, cover a layer of about three inches of this sliced cucumber with salt; alternate cucumber and salt until all have been disposed of; cover with paraffin and close tight. When ready to use, soak in water for several hours and you may serve fresh cucumber salad whenever you please.

GREEN CUCUMBER CATSUP, UNCOOKED

Select six firm cucumbers, suitable for serving, pare and chop fine and drain, pare and chop two small onions and drain; remove the seeds and cell walls of one medium green, sweet pepper and chop fine, blend the vegetables, add one teaspoon white mustard seed, black pepper and salt to suit; heat vinegar to the boiling point, cool and strain, add enough to the chopped vegetables to make the mixture the consistency of catsup; bottle and seal. Delicious to serve with fish, to use in vegetable salads and in sandwiches.

CUCUMBER RELISH

Peel and slice three quarts of fresh cucumbers and one quart of small onions. Sprinkle with one-fourth of a cupful of salt and let stand one hour. Take one quart of vinegar and one-half cupful of water and add one heaping tablespoonful of celery seed, one tablespoonful of white mustard seed, one-half a cupful of sugar, and one teaspoonful of cayenne pepper. Add this to the cucumbers and onions, and mix well. Boil up well and then seal.

SWEET CUCUMBER PICKLES

This is a delicious pickle if carefully made: Select small, firm cucumbers and cut in narrow strips. Make a brine of weak salt and water and let them stand in this over night. In the morning drain and boil them fifteen minutes in equal parts of water and vinegar. Let them stand in this another night. Drain and make a syrup from one pint of vinegar, one pound of sugar, half an ounce of cassia buds, a few cloves and two or three sticks of cinnamon. Boil for twenty-five minutes, place in jars and seal.

CUCUMBER PICKLES

Remove the pickles from the brine and rinse in warm water, soak for three days, changing the water each day. Place in a porcelain lined kettle with enough cider vinegar to cover and heat to the boiling point, stirring occasionally. Pour off the hot vinegar, add fresh cold vinegar to cover, spice as desired and let stand several days, before using them.

SPICED CUCUMBER PICKLES

One gallon vinegar; one-quarter pound mustard; two ounces turmeric; two ounces ginger; two ounces black pepper; two ounces mustard seed; one ounce whole allspice; one-quarter ounce whole cloves; one cup coarse salt; two and a half pounds brown sugar.

Put all the spices, sugar and salt into the vinegar in a three-gallon crock and stir well until sugar and salt are dissolved. Wash and dry cucumbers (small ones preferred) and add to mixture as you gather them. Stir every day for three weeks. They are then fit for use.

If these pickles are not stirred every day for three weeks a scum will form on the top. Do not heat the vinegar.

DILL PICKLES

One hundred medium sized cucumbers, one small red pepper, one big bunch of dill, some cherry leaves, ten quarts of water, one quart of vinegar, two cups of salt. Lay cucumbers in salt water over night (one-half cup salt to four quarts water). Boil water, vinegar and salt, and let cool over night. Drain cucumbers and place in preserve jars in layers between the cherry leaves and dill. Pack cucumbers tight; add a small piece of red pepper. Cover with brine and screw down the cover. One cup mustard seeds and one cup horseradish root, shaved fine, may be added. These pickles will keep through the winter.

PICKLED GHERKINS

To one gallon of gherkins add one cup of salt and cover with boiling water. Let stand twenty-four hours, then pour off the water, heat to boiling point and pour back over the pickles. Let stand for twenty-four hours and repeat above process. Let stand for another twenty-four hours. Then heat a pint of vinegar and a pint of water to which has been added a piece of alum about the size of a hickory nut. Drain the cucumbers from the brine, pour over them the boiling vinegar and water and alum, and let stand in that solution until the gherkins are firm, about six hours. Then prepare the following mixture: to one gallon of vinegar add two sticks of cinnamon, two tablespoons allspice berries, two tablespoons cloves, one red pepper, and one cup of sugar. Boil this ten minutes, then cook in one-quarter of the vinegar solution the cucumbers, a few at a time, drained from the alum water. Cook each lot ten minutes, place in stone jars and pour over them the rest of the vinegar.

KEEPING GHERKINS GREEN

Line the bottom and sides of the kettle in which they are scalded with grape leaves; spread leaves between the gherkins and also cover the top. A wooden spoon should be used in making pickles.

OIL PICKLES

Select twenty-four cucumbers four or five inches long and about one inch in diameter, wash and wipe dry, cut in slices about one-eighth inch thick and drain; peel and slice three small onions, arrange the cucumbers and onions in layers in a stone jar or fruit jars, add six tablespoons of salt, let stand four or five hours and drain; heat two quarts of vinegar to the boiling point and strain through a fine cheesecloth and when cool add three-quarters cup

white mustard seed, one and one-half tablespoons celery seed and three-quarters cup best olive oil; blend well and turn this over the cucumbers and onions, being careful that the mixture is blended and completely covered. More oil and vinegar may be added if necessary.

PICKLED EGGS

For every six eggs boiled for thirty minutes allow two cups of vinegar, one small beet cooked, two dozen whole cloves, one short stick of cinnamon, one fourth of a small bay leaf, one-half teaspoon of salt, one-half teaspoon of pepper, one-half teaspoon of mustard. Mix the seasoning all together and add as much vinegar as will cover the eggs. Heat all to the boiling point and boil for one minute. Put the eggs (with shells removed) into a glass sealer, pour the hot vinegar and spices over and keep sealed for two weeks. These are fine for picnics, party suppers, as a garnish for cold meats or in salads.

SPICED GOOSEBERRIES

Stem large ripe gooseberries and measure them in a quart measure. To each quart take three pounds of sugar, a pint of vinegar, a tablespoonful each of ground cloves and allspice. Dissolve the sugar in the hot vinegar, then put in the fruit and the spices and boil two hours. Put in jelly glasses, and when perfectly cold, seal.

PICKLED LEMONS

Lemon pickles are a condiment which is especially tempting in hot weather and will be appreciated in the summer. Scrub the rind of twelve lemons and make three or four lengthwise slits in each lemon. Fill these slits with salt and let the fruit stand in an earthen dish for a week, turning them every day in the brine that forms. Remove the lemons and add to the brine a quart of cider vinegar, one pepper and an ounce of green ginger root cut small. Boil the liquid, skim and cool it and pour it over the lemons. Seal in glass jars.

MELON PICKLES

Three cups sugar, three cups vinegar, two sticks cinnamon, and one-half tablespoon allspice. Watermelon rind, musk melon or thick bits of cucumber pulp may be used. Select scarcely half ripe muskmelons, remove outer rind and cut into suitable pieces. Trim off red portion and outer rind of water melons. Peel cucumbers and remove seeds. Cook until tender in a solution of one teaspoon salt in one quart water. Drain thoroughly, cook until clear in the above vinegar syrup.

MIXED PICKLES

To make "plain mixed pickles," cut a cauliflower into small clusters; peel pint of small onions; slice six green tomatoes; slice one large cucumber; wash a pint of tiny cucumbers and four small, long red peppers. Put a layer of the vegetables, mixed, into a wide-

mouthed crock, sprinkle thickly with salt, add more vegetables, more salt, and continue in this way until all the vegetables are used. Pour in enough cold water to cover all and put on a plate to keep the vegetables from floating. Stand for three days, drain off the brine, wash the pickles in cold water, cover with fresh water and set aside for twenty-four hours.

Then, into a gallon of vinegar brought to scalding point, stir a teaspoonful of whole black (or white) peppers, a teaspoonful of whole cloves, two teaspoonfuls of turmeric, a teaspoonful of celery seed, one of whole mace, and one of grated horseradish, a cup and a half of brown sugar and three tablespoonfuls of ground mustard. Keep at scalding point, drop in the pickles, rejecting those that have become soft. Simmer for five minutes, take out the pickles with a perforated spoon, lay in a clean crock and pour the scalding vinegar over them. Leave them for forty-eight hours; drain off the vinegar, scald it again with a tablespoonful of curry powder, pour over the pickles in the crock and stand until cold, then put into glass jars and seal. In making mixed pickles, you may vary the recipe and ingredients to suit yourself. Green string beans, nasturtium pods and many other fresh vegetable products may be added to the pickle to suit preference. The spices also may be varied to simplify the recipe according to convenience or taste.

MIXED MUSTARD PICKLES

One quart of button onions, one quart of cauliflower flowerets, one quart of cucumbers in thick slices, one quart of green tomatoes in slices, one-half a cup of chili peppers, one and one-quarter quarts of vinegar, one-quarter pound of mustard seed, one-half pound of ground mustard, one cup brown sugar, two tablespoonfuls of turmeric, two tablespoonfuls of celery seed.

Let the onions, cauliflower, cucumbers, tomatoes and peppers stand over night in water to cover, in which a cup of salt has been stirred. Drain and rinse in cold water. Boil the vinegar, seeds and sugar five minutes; mix the turmeric acid and mustard to a smooth paste with a little of the hot vinegar, then stir into the rest of the vinegar and let cook until thick; add the vegetables and store in earthen or glass jars.

TO PICKLE MUSHROOMS

Choose young button mushrooms, rub off the skin with a piece of flannel, and cut off the stalks. If very large, take out the reddish inside part, and reject black ones, as they are too old. Put into a stewpan, sprinkle with salt, and add two blades of pounded mace and one ounce of ground pepper to each quart of mushrooms. Shake them well over a clear fire until the liqour flows, and keep them there until they are dry again, then add as much vinegar as will cover them. Simmer for a minute, then place in jars. Seal tightly, and keep in a dry place.

PICKLED NASTURTIUM SEEDS

Choose young tender seeds; pack them into jars, then cover with vinegar and seal. When wanted for caper sauce drain from vinegar and use the same as capers.

NASTURTIUM SEEDS

Use the seeds that are small and green. Put them into salt and water, changing it twice a week while you are collecting the seed. Pour off the brine when you have enough seed, and pour on scalding vinegar. Drain the seeds from the vinegar and use instead of capers when making sauce to serve with boiled mutton.

Caper sauce is made as follows: Melt about one-sixth cup of butter, add three tablespoonfuls flour with half a teaspoonful salt and one-eighth teaspoon pepper, pour on gradually one and-a-half cups of hot water, boil for five minutes, add in small pieces as much butter as used previously, then add the capers, or in this case the nasturtium seeds.

PICKLED ONIONS

Small silver-skinned onions, one and a half cups salt, two quarts boiling water, one cup sugar, one gallon vinegar, two teaspoons chopped horseradish, mace, bayleaf, peppercorns, red pepper. Peel onions. Put in a strong brine for three days. Drain and rinse in clear water. Make a brine of salt and boiling water and when boiling put in the onions. Boil three minutes. Put in sterilized jars, sprinkling horseradish, mace, bayleaf, peppercorns and slices of red pepper along with the onions. Scald vinegar and sugar and pour over onions. Seal.

SWEET PICKLED PEACHES

The cling stone peach is better than the free stone for pickling, and the fruit should be firm and ripe, though not over-ripe. Scald the peaches to remove the skins, but this will be successful only if they are ripe. If not quite ripe they may have to be pared. Some persons like the skin left on. It should be well rubbed to remove the fur and the peaches will need longer boiling. After the skins are removed weigh the fruit and stick four cloves into each peach. To one part of fruit use one-half as much sugar, one-eighth as much vinegar and one-half as much water as vinegar. Make a syrup of the vinegar water and sugar, adding stick cinnamon about an ounce to each pint of vinegar. Boil this about twenty minutes, skimming it if necessary. Then drop in a few of the peaches at a time, cook them until tender, transfer them to jars that have been sterilized by immersion in cold water which is brought slowly to boiling point. When all the peaches have been cooked fill the jars up with the syrup. This method can be used for pears, apples, and plums, which are all left unpeeled.

PEPPER HASH

Take two and a half dozen green peppers and remove the seeds from half of them. Chop fine and mix with two hard heads of cabbage chopped and two dozen onions. Mix well together and put into a stone crock or wooden bowl. Sprinkle with a large cupful of salt, and let stand twenty-four hours. Drain dry as possible, pressing out the water.

Put a gallon of cider vinegar in the preserving-kettle with a cupful of brown sugar, half a cupful white mustard-seed, and half an ounce celery-seed. Heat to the boiling-point and pour scalding-hot over the peppers. Just before pouring on the vinegar, stir through the pepper mixture one cupful grated horseradish.

If kept in a cold place, this pickle will be crisp and savory.

PEPPER RELISH

Pepper relish is usually made of green peppers, green tomatoes and celery; but cabbage may be substituted for the tomatoes. For the latter, chop fine a small head of firm, white cabbage, six large green peppers, taking care not to leave in any seeds, and a nice bunch of celery, removing all the fibrous green outer leaves; put into a large bowl, sprinkle with a half cupful of salt, mix well, cover and let stand overnight. The next morning drain in a colander, then pack in a stone jar with two tablespoonfuls of mustard-seed mixed through it. Put into a porcelain kettle three pints of vinegar, two tablespoonfuls of sugar, one tablespoonful each of whole cloves, allspice and whole pepper, a clove of garlic and one onion minced; simmer gently twenty minutes to extract the virtue of the spices. Strain and pour boiling hot over the vegetables. There should be enough vinegar to cover. When cold, cover the jar and keep in a cool place. A little red pepper may be added if you like it very hot.

SWEET RED PEPPER SAUCE

Remove the seeds from twenty-five sweet red peppers, wash well and shred finely. Place in saucepan with two cups of fruit juice, cook until tender, cool and pass through sieve. Return to kettle and for every six cups of the peppers add the juice of one orange, one lemon, two ounces preserved ginger, six cups brown sugar. Cook slowly until the mixture is very thick and seal boiling hot in sterilized jars.

PICCALILLI

Four quarts of green tomatoes, one quart of onions, one hot red pepper, two cups of corn syrup, one-half cup of salt, one and a half ounces each of mustard seed, cloves and allspice, two cups of vinegar. Simmer one hour. Put into a covered crock.

PICKLED PLUMS

The following quantities can be varied, but the proportions should be adhered to.

Three pounds plums, one pound sugar, one and a half pints vinegar, one dozen cloves, one-quarter ounce stick cinnamon.

Method: Boil the vinegar with the spices and sugar, wipe the plums—which should be sound and ripe—with a soft cloth, and put them in the vinegar, a few at a time, and let them simmer gently. As the skins break, lift out the plums very carefully, so as to preserve them whole, and put in deep dishes to cool. When cold, lay in a deep jar or jars, and shake gently so as to make the plums lie closely together. They ought not to be quite soft.

Boil the vinegar and sugar a few minutes longer, pour out, and when cold strain over the plums, which it should cover entirely. Leave the jar in a cool place for a week, when strain off the syrup and again boil. If the plums are hard, pour over hot. If soft, let the vinegar cool first. Cover in the usual way and store in a cool place.

PICKLED RADISH SEED PODS

Put the pods into strong brine for twenty-four hours, drain. Prepare vinegar by boiling with pickling spice to taste, pour over the radish pods (cold) and tie down closely to exclude air. Any kind of sealer will do. Before the advent of sealers, bladders were used for sealing jars; or two or three layers of brown paper, brushed over with paste of flour and water on both sides, makes a very effective air-tight cover, though mice are uncommonly fond of the paste. Very young French beans are excellent done in the same way. Both pods and beans make a good addition to any kind of sweet or mustard pickles, only be sure to put them into strong brine first.

RHUBARB CHUTNEY

Take four pounds of rhubarb, cut it up small, and boil it with one pound of sugar till quite soft. Take six medium-sized onions and mince them very small; put them in a bowl and add four tablespoonfuls of table salt, two ounces of curry powder, a quarter of an ounce of cayenne pepper, half a pound of mixed raisins, and a pint, or rather less, of malt vinegar. After mixing well, pour the mixture over the cooked rhubarb and sugar. Stir over the fire until the ingredients are quite cooked, then pour into jars and tie down.

RHUBARB CHUTNEY No. 2

Two pounds of prepared rhubarb, one-fourth pound of minced raisins, one-half pound of dates, two and a half cups of vinegar (not too strong) one and a half cups of brown sugar, one tablespoon (one ounce) of dry chili peppers, one ounce of salt, one teaspoon of ginger and one-half cup of chopped nuts. Mince the fruit and soak for two hours in the vinegar. Add to all the other ingredients except the nuts. Cook slowly for two hours then add the nuts and cook for fifteen minutes. Pour into marmalade pots and cover with paper. This makes two quarts of chutney.

RHUBARB RELISH

Two quarts of cut rhubarb, one quart of onions, peeled and sliced thin, cloves, allspice, and cinnamon, one-fourth teaspoon each; one pint of vinegar and one pint of sugar. This should be sweet, sour,

nicely flavored with blended spices. Real chutney is also salty. Test for sweetness and spices and alter to taste. Cook slowly three hours.

TO USE SASKATOONS

Ketchup made from these berries is very good. Use one cup cider vinegar and one quart of water. Sweeten this to taste, though it should not be very sweet. Tie in a muslin or cheesecloth bag the following quantities of ground spice: half a teaspoon cloves, half a teaspoon cinnamon, half a teaspoon allspice. Boil this bag of spice in the liquid for ten or fifteen minutes, then take it out. To the liquid add enough saskatoons for the liquid to cover and boil for five to eight minutes. Seal in jars in the usual way.

This recipe, like many others, can be varied, as some persons like more vinegar and some more spice, or less vinegar and spice and more sugar.

Saskatoons need something with them in almost any way they are used. When freshly picked and made into pies, a tablespoon of vinegar should be added to each pie. As fresh fruit they are nice with sugar, but require to be mashed and to have a little orange or lemon juice added. They are also good used with raspberries or currants. When they are canned they need the addition of vinegar, rhubarb, oranges or lemons, sufficient to suit the taste.

SPANISH PICKLE

To one head of cabbage allow three bunches of celery, three red peppers, three green peppers, one-quarter of a peck of onions, one-half peck of green tomatoes, three large cucumbers, and three-fourths of a pound of salt.

Cut the vegetables in pieces and let stand overnight in salt water. Then wash in cold water, drain, and run through the meat-chopper.

Boil two quarts of vinegar with three pounds brown sugar, one ounce of mustard-seed, one-half tablespoonful each of cinnamon and cloves.

Put in the chopped pickle and boil half an hour, add one-quarter ounce turmeric powder, two tablespoonfuls ground mustard, and one-quarter cupful flour mixed with water. Add to the mixture, boil five minutes, then bottle.

PICKLED BRUSSELS SPROUTS

Choose the best and firmest and all the same size. Trim off the loose outer leaves; put the sprouts into a deep bowl, sprinkle plenty salt over, and leave for twenty-four hours; then put them into a colander, and pour plenty of cold water over them, letting it run through the colander. Stand the colander in a bowl and let the sprouts drain all night. Next day put them into a large jar and pour over them, hot, some vinegar in which you have scalded a bay leaf, a piece of ginger broken small, some peppercorns, and a little salt—say, one-half ounce of salt to each quart of vinegar. The pickle should not be too salt. Tie down, when quite cold, and

store in a dry, cool place. This pickle will not be fit for the table for a month or six weeks.

GREEN TOMATOES AND CABBAGES

Take equal parts of chopped green tomatoes, cabbage and apples. Mix thoroughly with salt to taste. To a peck of tomatoes use four tablespoonfuls of chopped green peppers, two tablespoonfuls of mustard seed, four tablespoonfuls of grated horseradish and one teaspoonful of black pepper. Put all in a jar, cover with a cloth, place on this a weight, as you would for sauerkraut, and set in a cold place until the brine that forms over it tastes like a saltish vinegar. This pickle will keep well. Always replace cloth and weight after removing any pickles from the jar.

SWEET GREEN TOMATO PICKLE

For a delicious sweet pickle, highly spiced, chop finely one peck of green tomatoes, four white onions and six green peppers (free from seeds). Sprinkle over the ingredients a scant cupful of salt and let stand over night. In the morning drain thoroughly, add half a cupful of grated horseradish, two cupfuls brown sugar, two tablespoonfuls each of ground cloves, cinnamon and nutmeg, and sufficient cold vinegar to cover the ingredients. Cook until of the desired consistency, stirring frequently, and seal in sterilized self-sealing jars.

TOMATO SAUCE (For Keeping)

This delicious sauce is ready for use a week after it is made, but is better for being kept two or three weeks. Take one dozen ripe tomatoes, put them into a stone jar, and stand them in a cool oven until quite tender. When cool, take the skins and stalks from them, mix the pulp with the liquor which is in the jar, but do not strain it, add to it these other ingredients: Two teaspoonfuls of powdered ginger, one dessertspoonful of salt, one head of garlic, chopped fine, two tablespoonfuls of vinegar, one dessertspoonful of chili vinegar (a small pinch of cayenne pepper may be substituted for this). Mix all the ingredients well together, and put into bottles, seal down well, and store away in a cool dry place. It will keep for years.

SPICED TOMATOES

To eight pounds of green tomatoes, add four pounds of light brown sugar and let them simmer together, over a slow fire, for three hours. At the end of that time, add one quart vinegar, and one tablespoon each of mace, cinnamon and allspice. Bring the mixture to a boil and let it boil gently for a quarter of an hour, then seal in jars.

TOMATO BUTTER

Use in the proportion of seven pounds of tomatoes, peeled and sliced, to three pounds of sugar, a pint of good cider vinegar, and an ounce each of cinnamon and whole cloves. Boil for three hours, and when it begins to settle, stir it constantly. It will keep without sealing.

CANNED-TOMATO PICKLE

Take one can tomatoes, cut up contents fine with cake cutter. Cut up fine several onions, say three or four or more. Cook in a little vinegar. When done, add the tomatoes, one cup brown sugar and salt to taste. Let cook slowly. Mix one teaspoon of cassia, the same of pepper, and one of mustard with one tablespoon of flour or cornstarch, with a little vinegar and add to boiling pickle. Let cook a few minutes and put in gem jars. Add more spice or flour if wished.

TOMATO MUSTARD

Slice six red pepper-pods; cut in halves one peck of tomatoes, and boil the two together for one hour. Strain, rub pulp through a colander, and return pulp and liquid to the kettle with the following seasonings: Two good-sized onions, chopped fine, one-fourth a pound of salt, and the following spices tied loosely in bags and pounded before adding to the kettle: One-half an ounce, each, of whole cloves and mace, one ounce of allspice, one ounce of whole black pepper. Boil again until very thick; lift kettle from fire and let contents cool; then stir in, a little at a time, one-fourth a pound of dry mustard, one teaspoonful of cayenne, and one cup of cider vinegar. Keep stirring until all are well incorporated, then bottle, seal, and keep in a cool, dark place.

UNCOOKED TOMATO RELISH

This requires no cooking, and will keep in a crock, without sealing: One peck ripe tomatoes, skinned and chopped fine; add one-half cup of salt, and let stand over night. Drain off juice, add three onions chopped, three chopped green peppers and three chopped heads of celery, roots and stalks; two ounces white mustard seed, one ounce cinnamon, one and a half pints vinegar, one cupful grated horseradish, sugar to taste.

PICKLED TURNIP

Cut up a Swede turnip into thick strips or cubes, soak in salt water for half an hour, boil for twenty minutes in fresh water, then let stand ten minutes on the back of the range. Drain well, then put into vinegar in which red cabbage has been pickled, tie down, and it will be ready for use after three or four days, or it will keep as long as necessary. Spiced vinegar may be used, boiling one quart of good vinegar with one-half ounce peppercorns, one-half ounce allspice and a piece of bruised ginger for five minutes. Use it cold.

VEGETABLE MARROW PICKLE

For pickle, cut up one large marrow, sprinkle with salt and let stand over night. In the morning, pour off liquid. Take two pounds marrow, one pound apples, ten small onions or shallots, one quart of vinegar, six chillies, half an ounce turmeric, half an ounce ground ginger, a quarter pound sugar. Mix, and bring to

boil in a graniteware pan. Boil fast for twenty minutes, or till tender. Mix a dessertspoon of mustard and add while boiling. Bottle.

SPICED VINEGAR FOR PICKLING

Two quarts vinegar, one cup sugar, two tablespoons salt, two tablespoons powdered ginger, two tablespoons mustard seed, two tablespoons whole pepper, two tablespoons celery seed, two tablespoons cloves, two tablespoons cinnamon, two tablespoons allspice.

Put spices into a muslin bag, add to vinegar with sugar and salt. Boil ten minutes. Use in any recipe calling for spiced vinegar.

VINEGAR MIXTURE FOR PICKLES

To each quart of vinegar, add one and a half teaspoons whole black peppers, the same of celery seed, and the same of allspice, one tablespoon sugar, three-quarters teaspoon whole cloves, the same of mustard seed, one and a half tablespoons cinnamon bark, and three-quarters teaspoon grated horseradish.

EVER-READY PICKLE VINEGAR

Boil together two quarts and one-half of cider vinegar, half a cup grated horseradish, two sweet red peppers chopped, half an ounce of whole cloves, half an ounce of allspice berries, half a pound of peppercorns and a quarter pound of ground mustard. Let boiling continue for five minutes, then cool, and pour into a large jar. Into this may be dropped all sorts of left-over vegetables, cucumbers, carrots, beets, salsify, cauliflower, without anv further preparation, until jar is full. The pickles may then be bottled in smaller jars for convenience.

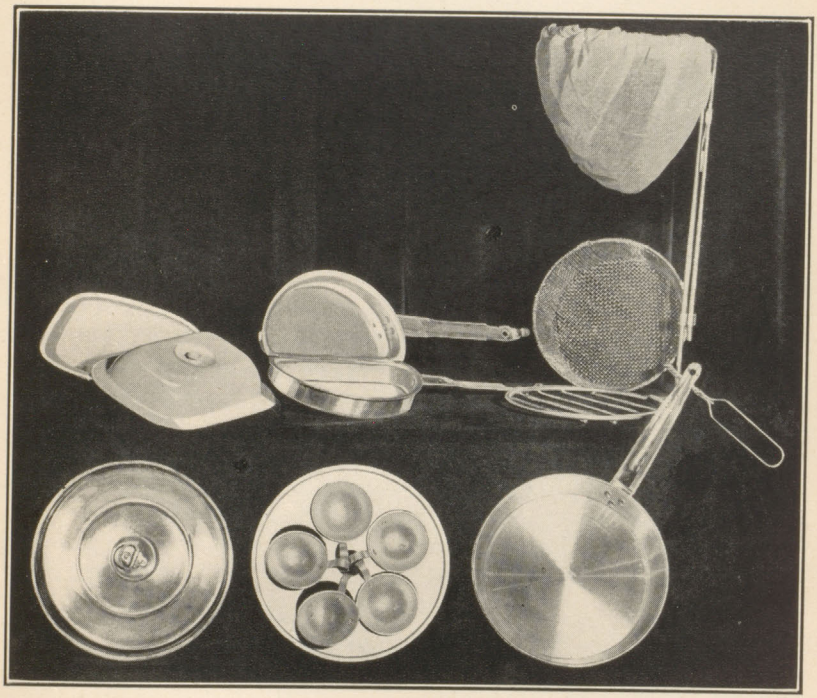
PICKLED WALNUTS

Many persons do not enjoy pickled walnuts because they consider them too salt and too highly spiced. In fact, salt and spice are often all that can be tasted when eating pickled walnuts. The following recipe from the stillroom of an old English manor house preserves the nutty flavor and ensures against over salting. Choose a hundred young and rather small walnuts. Do not prick them. Lay them is strong salt and water for eight days, changing the brine once. Then lay the nuts in the sun—they will soon blacken. Boil in a cup of vinegar for ten minutes, four teaspoonfuls of whole black pepper, eight allspice, and four cloves, and allow to cool. Pack the walnuts into jars, and divide the boiled vinegar and spices between the jars. Fill up with cold malt vinegar, which, if desired, may have been boiled previously. They will be ready in three months, and will be found delicious.

SWEET PICKLED WATERMELON RIND

One medium watermelon, one quart of vinegar, three pounds of brown sugar, one ounce of stick cinnamon, one-half ounce of whole cloves, one ounce of alum.

Pare the rind of the watermelon and cut into thick slices. Boil the alum in a gallon of water and pour over the sliced rind, letting



A jelly bag on convenient stand occupies the upper right-hand corner; underneath it is a wire strainer; next to it an omelet pan; and next to that again a duplex baking dish in white enamel, of which the top may be used for its legitimate purpose as a cover, or as a second baking dish. Beneath is an aluminum frying-pan, with cover, and with attachment for egg-poaching. Their uses are more fully described under the heading Up-to-Date Utensils.

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it stand on the back of the stove for six or seven hours. Drain the rind from the alum water and let it lie in cold water until cold. Drain.

Boil the sugar and vinegar together, then strain, add the spices, the rind and the sugar, and boil all together until the rind is thoroughly soft.

WORCESTERSHIRE SAUCE

One pint black molasses, one ounce ground black pepper, one ounce ground cloves, one-half ounce ground mace, one-half ounce ground cayenne pepper, sixteen onions ground fine, two quarts vinegar, one-half pound sugar if desired. Put chopped onions and ingredients in a stone jar, let stand for a week, stirring every day. At the end of the week boil twenty minutes, strain through muslin and bottle.

CATSUPS

LEMON CATSUP

Mix one tablespoon of grated horseradish with the grated rind of four lemons. Add one teaspoon of salt, the juice of the lemons, a dessertspoon each of white mustard seed and celery seed, a few blades of mace and a few grains of cayenne. Boil for half an hour and bottle while hot. Ready to serve with fish in five or six weeks.

GREEN PEPPER CATSUP

Remove seeds and white membrane from five pounds of green peppers and put into an enameled kettle. Add two large onions chopped fine and half a tablespoon each of cinnamon, cloves, allspice and mace. Add enough vinegar to nearly fill the two and a half quart kettle. Simmer three hours and rub through a fine sieve. Cool and bottle.

BLACKBERRY CATSUP

Cover the mashed berries with boiling water and simmer fifteen minutes. Mash once more and strain. For each quart of juice allow half a teaspoon each mace, cinnamon, pepper and white mustard. Cook slowly until reduced to about one-fourth the original amount. Add vinegar to make of the desired tartness and consistency. Bottle and seal while hot.

CHERRY CATSUP

Stone the cherries and for each pound allow one pound of sugar. Cook together until the cherries are soft, strain and for every quart of juice allow one-teaspoon each of pepper, mace, cinnamon and ginger, half a teaspoon of cloves. Boil, strain and add to the softened cherries which have been mashed and put through a sieve. Boil till thick then add vinegar till of the right consistency.

CURRANT CATSUP

To make currant catsup, to three quarts of currant juice add three pounds of sugar, one pint of vinegar, one tablespoon of cinnamon, one tablespoon of cloves, one tablespoon black pepper, and one tablespoon of nutmeg. Boil together for twenty minutes, then seal and cork tightly.

CRAB-APPLE CATSUP

Cover the apples with boiling water, bring to the boiling point and let simmer until soft, when nearly all the water should have cooked away. Then rub through a sieve. To each quart of apple pulp add the following mixture: Mix one cup of sugar, one teaspoon pepper, one teaspoon cloves, one teaspoon mustard, two teaspoons cinnamon and one tablespoon salt. Then add two finely chopped onions and two cups cider vinegar. Bring the apple pulp to which the mixture has been added, to the boiling point and let simmer one hour. Bottle, cork, and seal while hot.

MUSHROOM CATSUP

To each peck of mushrooms, half a pound salt; to each quart of mushroom liquor, a quarter ounce cayenne, half an ounce of allspice, half an ounce of ginger, two blades of pounded mace. Pick full grown mushrooms, fresh gathered in dry weather. Put a layer of them in a deep pan, sprinkle salt over them, and then another layer of mushrooms, and so on. Let them remain for a few hours, then break them up with the hand. Put them in a cool place for three days, occasionally stirring and mashing them well to extract the juice. Ascertain the quantity of liquor without straining, and allow to each quart the above proportion of spice, etc. Put all into a stone jar, cover up closely, put jars into a pan of boiling water, set over the fire and let boil for three hours. Turn contents of jar into clean stew-pan, and simmer for half an hour; pour into a jug, and stand in a cool place until next day; then pour off into another jug, and strain into very dry, clean bottles. Do not squeeze the mushrooms. Be careful not to shake contents, but leave all the sediment in the jug; cook well and seal the cork. The ketchup should be examined occasionally after it has been put away, and if it is spoiling it should be reboiled with a few peppercorns. This ketchup should be made between the beginning of September and the middle of October. Note.—The sediment may be put into jars for immediate use.

RHUBARB CATSUP

Four pounds rhubarb, two pounds brown sugar, one and a quarter cups vinegar, one teaspoon each of cinnamon and cloves, one teaspoon each of salt and pepper. A little onion improves the flavor. Stew in the usual way, and bottle when thick.

GREEN TOMATO CATSUP

Six quarts green tomatoes, one and a half cupfuls white vinegar, one half pound of light brown sugar, three tablespoonfuls salt,

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one tablespoonful ground allspice, one teaspoonful celery seed, one teaspoonful mustard seed, one teaspoonful black pepper, one-half teaspoonful cinnamon, three medium-sized onions, two cupfuls water.

Wash the tomatoes and cut them in quarters. Boil them with the water until soft; mash them through a sieve. Add the onions put through a food-chopper and the rest of the ingredients. Cook slowly until thick. Bottle. The recipe makes about four pints.

GREEN TOMATO CATSUP No. 2

Put into a porcelain-lined kettle one peck of chopped green tomatoes and half a peck of chopped white onions. Add three ounces allspice, celery seed and black pepper, one pound of brown sugar and a scant gill of mixed mustard. Cover with vinegar, bring slowly to the boil and simmer for two hours. Strain through a sieve and again reheat to the boiling point. Seal as for tomato catsup.

WILD GRAPE CATSUP

Mash thoroughly two quarts of well-ripened grapes, cover them with vinegar, and heat them thoroughly. Strain them and add a cupful of sugar, a teaspoonful of cinnamon, a teaspoonful of cloves, a quarter of a teaspoonful of pepper and, if desired, a little allspice. Cook the mixture slowly until it becomes thick and heavy and then pour it into jars and seal carefully.

The ketchup must be stirred constantly while it is cooking to prevent scorching. The amount of vinegar may be varied according to its strength; but since the danger of scorching is greater if only a little is used it is better to dilute strong vinegar with a little water to secure more vinegar.

GRAPE CATSUP

Pull the grapes from the stems, discarding any imperfect grapes, and stew five pounds of them over a slow fire, till soft. Then strain through a fine sieve, or hair cloth strainer. To the juice add two and a half pounds of sugar, one tablespoonful of cinnamon, one tablespoonful of allspice, one tablespoonful of cloves, one tablespoonful of pepper, half tablespoonful of salt, and one pint of vinegar. Boil all until a little thick, then bottle. This makes a delicious relish for cold meats.

WALNUT CATSUP

Place green walnut husks in a deep earthen pan with layers of salt between them; let them stand a fortnight or three weeks, then pour off the liquor and simmer and skim it. Put to every two quarts an ounce and a-half of whole ginger, the same quantity of allspice, an ounce of whole black pepper, and half an ounce of cloves. Boil slowly half an hour; when cold, bottle.

IN THE HOME BAKERY

LEAVENING AGENTS

It is safe to say that nine-tenths of the failures in bread and cake making are due to the wrong handling of the leavening agent used. Judged by bulk or price these seem insignificant, compared with the other ingredients used, but no one knows the truth of the adage about little foxes spoiling the vines better than the good cook. She keeps a sharp eye on all the so-called "little" things in cooking. The fact is that there are no insignificant things about good cookery.

All leavening agents depend upon some degree of heat in order to produce a fine light texture and wholesomeness in the mixtures in which they are used. But it is absolutely necessary to remember that the same degree of heat is not employed throughout the process. Indeed, the temperature must change constantly and one must be an artist in oven management, if her bread and cakes turn out with a fine, light texture, evenly risen throughout—neither too light and coarse, not heavy and sad.

Furthermore, one sort of leavening agent reaches its highest stage of usefulness outside the oven, while the other sort comes to perfection in a skillfully-managed oven.

Baking powder and kindred mixtures begin to develop the carbonic acid gas for which they are useful, as soon as they are moistened. It is for this reason that cooks are frequently warned against beating a cake long and vigorously after adding the baking powder and flour. They are told to complete that part of the mixing process as quickly as possible and with as little stirring as possible because the mixture has begun to become light and puffy and each bit of pressure will tend to break down the air cells thus formed. This is true, and applies also to the proper handling of the dough for baking powder biscuits. Knead the dough as lightly and as little as possible for rolling. Better to turn it and shape by tossing on the floured board with a knife, rather than by kneading vigorously as in yeast mixtures.

But all the leavening property of the baking powder group is not developed by coming in contact with the liquids used in the cake or bread mixture. The process is merely begun and should not be allowed to continue indefinitely. It is a mistake to allow cakes or biscuits to remain out of the oven for even half an hour after being made ready for baking. The texture becomes very open and coarse. By far the greater part of the usefulness of the baking powder group is developed under oven heat and it is here that the good baker has her reward.

The heat at first must be gentle, increasing very gradually un-

til the mixture has doubled in size. That is a general rule whereby one may learn to regulate the oven. About one-third of the time allotted to baking must be allowed for rising. If the rising is gentle and steady, the texture will be fine and light. If the oven is too hot the mixture will form a crust on top which will prevent the dough below from rising. Lowering the temperature at this point will result in a cracked cake or muffin, with the the soft, unbaked dough rolling out through the opening because the leavening agent is still working and has found an outlet. Similarly, if one side of the oven is hotter than the other the dough will form a hard crust on that side and the leavening agent will push over for escape to the cooler side, which has not formed a crust. These causes are easily remedied. Remember that during the rising period the mixture must not brown. It must do nothing but rise steadily and easily. After that the problem is to brown slowly and bake thoroughly.

HANDLING OF YEAST MIXTURES

Securing the full benefit of yeast as a leavening agent calls for an exact reversal of the process used with the baking powder group. The full leavening power of yeast is developed outside of the oven, and the great point, after yeast mixtures have been put into the oven, is to kill the yeast plant as soon as possible. This must be done without forming a crust and once more the skillful baker scores a point. Lest one who has not mastered the art of baking should become more discouraged than she is at present, it is well to remind her that all baking of batters and doughs comes under these two heads. Master the reasons and master your oven and you cannot fail in baking.

All the "coaxing" of the yeast must be done before baking. Therefore, the yeast mixture must be kept *warm. Warm, but not hot.* The warm shelf on the range, or a warm corner free from draughts, is usually sufficient but the mixing bowl should be wrapped in a clean cloth. Most housewives keep one for this purpose alone. An old blanket is excellent. If the yeast is "set" over night it must be kept secure from draughts in a warm room. If this is not possible, it is just as well to use an extra quantity of yeast and start bread making in the morning. The process will be shortened by the extra yeast and skillful baking will produce bread that has no trace of extra yeast in the taste. On the other hand, if the mixture becomes cold, but not cold enough to stop growth, the dough will become sour and lose its desired flavor. Just here it may be well to mention that freezing does not injure yeast in the least. It may be revived either in the cake or the dough and work vigorously when warm.

This is a very convenient thing to know for frequently one would like to delay the baking of rolls or bread for a few hours. Mix and knead as for immediate baking; set the loaves and rolls on ice until needed. If they have been on ice for some time, remove from the ice box an hour before baking and let them thaw out gradually, at first, then over hot water. They will soon become light for baking. If they have been on ice for a short time only, place over hot water until light. Remember that "over" does not mean "in".

If one has a large double boiler or kettle, this is invaluable for starting a quick growth for starting the sponge. Make the sponge in the upper part of the double boiler or in a holder that fits into the kettle. Fill the lower part with hot water, set the sponge *into* the water, cover the sponge and in a short time it should be ready for use.

There is one test for all stages of yeast work. Always, the mixture must have doubled in amount before that process is complete. The sponge must have doubled in amount before the dough is mixed. The dough must have doubled in amount before molding into loaves. The dough in the pans must have risen almost to the top of the pans before they are ready for the oven and this will be almost double the amount of dough put into the pans at first. *Part of the last rising will take place in the oven.*

Up to the time the pans go into the oven the dough (and sponge) must be kept thoroughly warm. The dough must be greased on top, so that no dry crust will form as the rising goes on and, for the same reason, the pans should be kept covered.

As soon as the pans go into the oven the rising must be checked. This calls for a hot oven—an oven too hot for continuous baking. This extra heat will cause the yeast to become very vigorous for a few minutes and the dough will rise rapidly. If the pans were too full or had stood too long, so that the loaves had become very light, the bread in the oven will roll over the pans. To prevent this one must use judgment in the amount of dough allowed for a loaf.

By the end of ten minutes the rising should be checked, and practically ended at the end of fifteen minutes. The temperature should be lowered (by opening the door if there is no other way) and by the end of the next fifteen minutes, the bread may *begin* to brown. From this on there should be a steady moderate heat in order to bake the bread thoroughly.

All of these directions may be followed with only moderate success, if the loaves are made too large or too many are baked at once. No oven heats alike on the sides and in the middle,

therefore, if many loaves are made, the pans should be turned and changed several times during the baking. Instead of making very large loaves, make smaller ones, even if they are baked side by side in the same pan. No very large loaf can be thoroughly baked to the very centre.

BAKING POWDER AND SIMILAR AGENTS

For quick work the two leavening agents in almost universal use are baking powder and baking soda (bicarbonate of soda). The first named was until the last few years, used wherever sweet milk was employed; soda was always used in mixtures containing molasses or sour milk. Present day cookery makes use of the soda as a neutralizer of the acid in molasses or milk and, *in* the same mixture, employs baking powder in combination with the flour, as a leavening agent. The result is much more satisfactory than the old method. Sour milk or "salaratus" biscuits no longer wear the saffron tint nor give off the unpleasant odor that was too likely to characterize the best efforts of the best cook. Sour milk cookery has lost its terrors and all real culinary artists will rejoice, for sour milk imparts a tenderness and delicious flavor that cannot be obtained by the use of sweet milk.

METHOD AND PROPORTIONS

In using the combination baking-powder-soda leavening stir the soda directly into the molasses or sour milk. If both molasses and sour milk are used, sweeten each by stirring into each the proper amount of baking soda. Beat until all foaming ceases. If milk alone, or molasses alone, is used, add the required amount of soda and beat till the foaming ceases.

At the same time, combine the baking powder with the flour. Because of the varying qualities of flour as to thickening, most cooks find it safer to add about half the required amount to the mixture, drop the baking powder on this and beat the whole into the batter very thoroughly. After this, add as much flour as needed. In this way the required amount of baking powder will be incorporated with the batter, whereas, if it is combined with the full amount of flour and less than that amount becomes necessary, some of the baking powder is lost. *Always measure the baking powder by the number of cups of flour called for in the recipe*, for the mixture needs that much leavening whether or not it needs that amount of flour.

PURE BAKING POWDER COOKERY

Where neither sour milk nor molasses is used, the only leavening necessary is that furnished by baking powder.

There are really three kinds of baking powder: the commercial powder that comes hermetically sealed from the factory;

the home-made powder; the mixture freshly made at each baking by combining cream of tartar and bicarbonate of soda. The basis of all of these is the last two ingredients. Inferior commercial baking powder also employs alum, which causes the baking to become dry in a short time. Ammonia added in any form also has the same effect. It is, therefore, most satisfactory from every point of view, to buy nothing but the best brands of baking powder. These are always satisfactory, if handled correctly.

HOME-MADE BAKING POWDER

A thoroughly reliable home-made baking powder is made of four ounces of the best and freshest grape cream of tartar, two ounces of bicarbonate of soda and two ounces of corn starch. Put the ingredients into a tin and cover tightly. Shake again and again, until thoroughly blended. If preferred, stir well and pass through a fine sieve twelve or fifteen times. Keep in a dry tin with tight cover, or in a bottle with ground glass cover. The corn starch keeps the mixture dry, but the powder should not be made up in large quantities. Unless the cream of tartar is absolutely fresh and has been well sealed in the store, it will not make good baking powder.

CREAM OF TARTAR AND SODA

This combination makes a splendid leavening agent *provided* the ingredients have been kept hermetically sealed and are of first quality. Keep each separately in an air-tight tin box and use twice as much cream of tartar as soda. That is, for one teaspoon of the mixture, use two-thirds of a teaspoon of cream of tartar and one-third teaspoon of soda. Mash free of lumps, add to about one cup of flour, stir well, and then add to the rest of the flour (for biscuits) and stir well, or add directly to the cake mixture and beat in thoroughly. Then add the flour as needed.

PROPORTIONS NEEDED

For every cup of flour *called for in the recipe* use: One heaping teaspoon of commercial baking powder; or one heaping teaspoon of home-made baking powder; or one-third (heaping) teaspoon of soda and two-thirds heaping teaspoon of cream of tartar.

The old rule for soda is one teaspoon of soda for every pint of sour milk or molasses.

When used with baking powder, the soda can be made a trifle scant. For instance; if a gingerbread recipe calls for sour milk, molasses, and two cups of flour, the method would be to stir a scant fourth of a teaspoon of soda into the half cup of molasses, the same amount of soda into the half cup of sour milk (beating

each well), and two heaping teaspoons of baking powder into the two cups of flour. Baking should be slow and steady.

Keeping these proportions in mind any recipe can be recast to meet conditions. Sour milk can be substituted for sweet, or vice versa, in any recipe.

YEAST, LIQUID AND DRY

Yeast is a plant depending for growth upon starch, sugar, moisture (usually water or milk), and a certain degree of warmth. Cold, even the freezing temperature, does not kill the yeast plant. It simply remains dormant when cold and ceases to grow. Warmth up to about 68° Fahr. causes the plant to increase rapidly. During growth, yeast exerts a chemical change on the starch in flour and throws off alcohol and carbonic acid gas. It is owing to these chemical changes that yeast mixtures acquire their characteristic flavor, which is entirely different from the flavor imparted by the baking powder group.

There are two methods in use among bread makers—the overnight method, and what is popularly known as the "five-hour process" when the sponge is set in the morning and the baking is finished the same day.

There are also two methods of handling the dough previous to shaping into loaves. By one method a sponge is set and allowed to rise. More flour and seasoning is then added. Kneading is usually deferred until the stiff dough has doubled in bulk. Following the kneading, the dough is cut into loaves and put into pans for its final rising.

The second method dispenses with one rising period. The sponge is made, and when doubled in amount, all the ingredients are added. Flour enough for kneading is worked in and the dough is thoroughly kneaded. Experienced bread-makers consider that sufficient kneading has been done when bread becomes "twice soft"—once at the beginning of the kneading and again when all the flour has blended perfectly with the other ingredients.

The kneaded dough is covered and put in a warm place to double in bulk. A spatula or long bladed knife is run around the edge of the dough to loosen it thoroughly from the pan. It is divided into portions for loaves and without any further handling these portions are dropped into the greased pans and the loaves, after being greased, are set in a warm, covered place to rise. They are then baked. By this method the housewife has nothing to do but portion the loaves, slip them into pans and get her baking done early in the morning. If, however, she has more time in the morning than at night, she may simply set the sponge over night and begin the five-hour process the next morning. If she waits until morning to set her sponge she can shorten the process of breadmaking by adopting the last method given.

ADVANTAGES OF SECOND METHOD

Kneading the dough ready for loaf-making the following morning, has other advantages than the one mentioned. The bread is not so likely to sour because the yeast does not grow for too long a time without a new supply of food. As soon as the properties helpful to bread-making have been produced by yeast growth, other products arise which are not desirable, and the dough becomes sour. Sponge is quite likely to sour over night but dough kneaded for moulding will not be soured by morning. Should it be kept until noon it would probably sour.

TO PREVENT SOURING

Watch for the point at which any yeast mixture has doubled in size. Either cut the mixture down, beat it well and stir in a little more flour for food, or begin the next process, whatever that may be. If the yeast is rising too fast for one's convenience it may be retarded safely, for a short time, by setting in a cooler spot. *Too long waiting, however, will sour the dough.*

If bread rises too much in the oven, the yeast plant will grow beyond the beneficial stage and the bread will have a sour taste. This will occur when the oven is too cool. (Read the directions for baking.)

HEAVY YEAST MIXTURES

Coffee bread, raisin and egg mixtures, raised with yeast, need more yeast than a plain bread mixture. Careful baking will kill the yeast plant in time to secure sweet light mixtures. Set a sponge and let it become light, then add the heavy ingredients—eggs, butter, sugar, and fruit. Allow the dough to become very light.

PROPORTIONS AND HINTS

A good general rule for bread-making is that there must be three times as much flour, by measure, as liquid. Until one has acquired skill by careful observation and practice it will be very difficult to hold to this rule because most bread-makers are not quick and light in kneading. They work in too much flour because they allow the dough to stick. Try as quickly as possible to come within the limits for wetting and flour. It is true that some brands of flour absorb more moisture than others, but the general rule is a safe one.

Wetting may be either water or milk, but the extra flavor and nutriment given by milk, casts the vote in its favor.

What is sometimes called "macaroni" wheat gives a delicious, nutty flavor, due to the rich gluten content of the flour.

If there is the slightest danger that yeast has become stale, it is well to test it before mixing the sponge. It is not a bad idea, either, to start the yeast going while getting the flour ready.

TESTS

Compressed yeast, if perfectly fresh, breaks apart with a clean, sharp cleavage. If it is at all soft, or pulls, the cake is not fresh.

Into a cup break a yeast cake. Add one teaspoon of sugar, half

a cup of water and mash the yeast fine. Add flour enough to make a stiff drop batter. Place the cup in a tin of warm water. Cover and set aside for ten or fifteen minutes. If the yeast is fresh, it will have risen almost to the top of the cup and can be poured into the sponge bowl and other ingredients added.

This method saves time and material and often "coaxes" weak yeast into activity, so that it can be used safely for a large batch of dough.

YEAST RECIPES

Both liquid and dry yeast can be made at home and, where one is far from a reliable yeast supply, one should keep on hand dry yeast cakes, securely stored in air-tight tins. These keep indefinitely and can be used for bread-making as well as for "starters" for liquid yeast.

Potato Yeast. Pare, boil and mash enough white potatoes to make one pint when mashed. At the same time, put a large handful of hops into a pint and a half of cold water. Bring to the boil very slowly and then simmer for fifteen or twenty minutes. Drain the hop water into the potatoes and press the hops well. Beat the potatoes, add four tablespoons of sugar, one teaspoon of salt and one teaspoon of ground ginger. Soften one yeast cake and add to the mixture. If it seems a little thick add one cup of the potato water. Pour into a stone jar or wide-mouthed bottles and keep in a warm room uncovered, for a day or two. Stir frequently until fermentation ceases. Set away in a cool place for use. Keep covered. One cup of this is enough for a baking.

Yeast Made With Flour. Instead of the potatoes, one quart of flour may be substituted.

Dry Yeast. Prepare either of the recipes given for liquid yeast and when fermentation has ceased (about two days) turn the yeast into a pan containing a quart of sifted cornmeal. Stir well and add more meal if not stiff enough to form into a dough for kneading. Roll into a sheet about one-fourth of an inch thick and cut into rounds with the top of a pound baking-powder tin. Put onto a clean cloth and set in a draught so they will dry quickly. Turn often. When perfectly dry, through and through, pack in air-tight tins. Will keep several months.

EQUIVALENTS

One cup of liquid yeast, one cake of dry yeast and one cake of compressed yeast are equivalent in value as leavening agents.

YEAST STARTER

When yeast cakes are not to be had and bread must be produced, the following has been tried. Take two level cups of flour, half a cup of white sugar, three cups of luke-warm water and beat into a smooth batter. Turn into a five-pound lard pail if you have one, cover tightly, put into a warm place and leave for forty-eight hours (not less). This becomes yeast. When ready to make bread, add

one cup of flour, one tablespoon of sugar, one teaspoon of salt, one tablespoon melted butter or lard, and luke-warm water, enough to make a stiff dough. Keep in a warm place. In two hours it will be risen sufficiently to form into loaves after kneading. Leave a little of this mixture in the bottom of the pail as a "starter" for the next baking. This is really salt-rising bread, and is delicious when carefully handled.

"PERFECT" BREAD

Pare and grate a raw potato; mix together four tablespoons of flour, two tablespoons of salt and two tablespoons of sugar; add a pint and a half of boiling water, stir well and allow to cool. Add half a yeast cake which has been softened in warm water. Put into a wide-mouthed bottle, set in a warm place, and in four hours it will begin to foam. Stir often. This mixture will ferment without the yeast, but takes longer. Leave uncovered in a cool place until needed. The next morning take two pints of warm water, one cup of the yeast mixture, one cup of potato water, and flour enough for a stiff drop batter. When risen, knead into a rather firm dough. Let rise a second time, cut into loaves and when risen, bake. This can be set and kneaded at night.

BAKING POWDER BISCUITS, SCONES AND SHORTBREADS

BAKING POWDER BISCUITS

Two cups pastry flour, four teaspoons baking powder, one tablespoon lard, one tablespoon butter, one-fourth teaspoon salt, one-half to one-third cup sweet milk. (Lard shortens, butter flavors the biscuits).

Sift flour, add baking powder and salt and mix thoroughly; cream the butter and lard together and cut into the flour till the mixture is like meal. Add the milk, one-half at a time, tossing the dry particles against the wet portion, till no more will adhere. Do not press or pound. Light handling is the rule throughout. Have a little flour on the mixing board, turn the dough on to the flour and roll very lightly till ball is floured. Press lightly with the hands for a minute, or until the dough loses some of its lumpy appearance. Roll into a sheet about one-half inch thick. Cut into rounds, dipping the cutter into flour now and again. Put into a smooth pan, not greased, and place half an inch or more apart. Bake at once in a moderately hot oven, increasing the heat slightly when the biscuits have risen to double their original thickness. They should be done in twenty-five or thirty minutes. Small cutters, or thinner biscuits, need less time. It may be necessary to use the full half cup of milk as flours vary in the amount of moisture they absorb. The dough must not be wet.

TWIN BISCUITS

These are very dainty for afternoon tea or for picnics. Use the formula for Baking Powder Biscuits, but roll the sheet much

thinner and use cutters less than an inch and a half in diameter. Brush the tops of the rounds with melted butter and place together in pairs, keeping the buttered side of each round up. Bake as usual.

POCKETBOOK BISCUITS

Cut baking powder biscuits into rounds from two and a half to three inches across. Brush with melted butter, press the handle of a wooden spoon across the centre, making a deep crease from one side to the other. Fold the buttered side of the round along this crease. Press down very lightly. Do not have the biscuits touching in the pan.

CHEESE BISCUITS

Roll baking powder dough into a sheet one-fourth inch thick. Brush with butter and cover rather generously with cheese, diced very fine. Beginning at the top, roll over and over like jelly roll. With a sharp knife cut into slices, across the roll, about half an inch thick. Brush a baking tin very lightly with butter and place the slices, cut side down and not touching. Brush the tops with melted butter.

CHEESE BISCUITS No. 2

Prepare dough for Baking Powder Biscuits, but before cutting in the fat add a cup or less of finely-diced cheese and mix well with the flour. Cut into rounds, brush the tops with butter and bake as for plain biscuits.

CINNAMON BUNS

Use plain dough for baking powder biscuits or that for egg biscuits. Roll into a sheet, one-fourth inch thick. Brush with melted butter. Sprinkle generously with sugar and cinnamon. Add a few chopped raisins or currants. Beginning at the top roll the sheet as for jelly roll, into quarter or half-inch slices; place, cut side down, on a lightly buttered tin. Brush top with melted butter, sprinkle thickly with sugar and bake.

GINGER BISCUITS

Prepare dough as for plain baking powder biscuits and roll into sheet. Brush with melted butter, cover with syrup from preserved ginger and some of the preserved ginger root chopped very fine. Roll, cut into slices and bake. Sugar on the top when rolls are partly baked.

BAKING POWDER BISCUITS WITH EGG

Two cups of pastry flour, two tablespoons of butter, two tablespoons of lard, one-fourth teaspoon of salt, one-half cup of sweet milk, one egg, well beaten, two teaspoons baking powder.

Cream the butter and lard together; mix salt, baking powder and flour together; beat the milk into the egg, which has been well beaten previously. Cut the fat into the flour and add the milk and egg mixture. Cut into rounds for plain biscuits or for any of the variations of biscuit dough.

COFFEE BREAD

Add four tablespoons of sugar and a half teaspoon of cinnamon to the egg biscuit dough, putting them into the flour before adding the fat. Butter a deep layer tin and drop the dough into the tin, smoothing with a wet spoon. Brush the top liberally with butter. When the dough has risen and is about half baked, cover the top with crumbs made by mixing together three tablespoons of melted butter, two tablespoons of flour, one teaspoon of cinnamon and four tablespoons of sugar.

SUGGESTIONS

Do not allow baking powder dough to remain out of the oven after it is in the pan. It always rises a little, but the texture of the biscuit is very coarse. The rising that is effected by oven heat develops the full leavening power of the baking powder and gives a much finer texture.

Brushing the tops of baking powder biscuits with milk or melted butter makes them beautifully brown, as well as adding to their flavor.

Where cutters are the size of the bottoms of gem pans, biscuits can be baked in them and are preferred by many, because of the browner sides.

Either plain or egg biscuit dough makes excellent little meat pies, cover for chicken pie or shepherd's pie.

SHORTCAKES

Use either plain or egg biscuit dough. Divide into two portions. Roll the first into either a round or oblong sheet as for biscuits. Lift into the pan and brush generously with melted butter. Roll the remaining portion into a sheet to fit the first and place it upon that sheet. Bake in a moderately hot oven, allowing a little longer time than for biscuits.

Have the fruit ready for spreading as soon as the cake is baked. Hold the wire cake cooler over the cake, invert pan and lift the top layer (this was the bottom layer while baking) on to the short-cake platter. This will bring the soft side up as in baking. Spread with butter. (The cake should be warm enough to melt the butter). Spread half the fruit on this sheet, add sugar, if needed, and cover with the second sheet, browned side down. Butter generously. Cover with the remaining fruit.

STRAWBERRY SHORTCAKE

Wash the berries by putting in a wire strainer and dipping up and down quickly, several times, in cold water. Drain well before hulling. Cut the berries in halves or large pieces, reserving a few of the largest uncut. Spread on the cake, squeeze a few drops of lemon juice over the fruit and then sugar generously. The lemon juice develops the flavor of the berry but do not use more than a teaspoonful for each cup of berries. If preferred, the berries may be prepared with the lemon juice and sugar before putting on the fruit, and stand for half an hour, but no longer. Serve the short-cake as soon as possible after taking from the oven.

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FRESH PEACH SHORTCAKE

Using the biscuit dough for the cake part prepare the peaches as follows: Scald for a moment and plunge at once into cold water. Remove, drain and pare. Cut into slices not more than an eighth of an inch thick, cutting from stem to blossom end to give uniform shape. Add four tablespoons of water and cook only until the peaches are warmed through. This is usually shown by the softening and breaking down of the ridges on the side that was next the stone. Add as much sugar as you think necessary for the shortcake, and also the lemon juice (about half a lemon). When the sugar has melted, spread the fruit on the layers of shortcake.

APPLE SHORTCAKE

Prepare the apples as for sauce but make a little sweeter. When the cake is ready butter very generously, spread with the sauce, dot sparingly with butter and sprinkle lightly with cinnamon or nutmeg. Put on the top layer and cover in the same way. This shortcake is especially helpful to the housewife as it can be made in the winter time when other fresh fruits are scarce.

CREAM WITH SHORTCAKES

The fad for whipped cream is almost always a bad one and is sadly overdone, being added to foods which are complete in themselves and are much better, from an artistic, dietetic point of view, when the cream is omitted. There is, however, an excellent accompaniment to Apple Shortcake and Apple Dumplings. Take freshly-soured rich cream, sweeten slightly—about a tablespoon of sugar to a cup of cream—and sprinkle grated nutmeg over the top. Pass this when the shortcake is served.

SOUR MILK BISCUITS

Any recipe calling for sweet milk may be made successfully with either buttermilk or clabber from which the whey has not yet separated. Simply sweeten the milk by adding a scant quarter of a teaspoon of soda to the milk and beating until the milk ceases to foam. The dough will be as white and light and of as fine texture as when made of sweet milk—and much more tender.

SOUR CREAM BISCUITS

If the cream is very rich use the plain baking powder biscuit recipe, omitting the lard and butter. Use baking powder as directed in the flour, and soda in the cream. If the cream is thin, work one tablespoon of fat into the flour.

SCONES

Practically the only difference between scones and baking-powder biscuits is in the form they take for baking. Ingredients, method of mixing, and, frequently, of baking are identical. On one side of the Atlantic the product is called a scone; on the other, a biscuit. By whatever name it may be called, the product is appropriate for either breakfast, luncheon, tea, or picnics and is served either hot

or cold, split and buttered and accompanied by some sort of marmalade or jelly.

When baked on a griddle the dough should be slightly stiffer than for oven work and it must be borne in mind that eggs count for stiffening. Pastry flour is best, as the dough keeps its shape in baking. If sugar or syrup is used, the scones will brown quickly and will burn more easily than plain, unsweetened dough. If sweetening is not used, scones may be brushed with milk or milk and egg.

Temperature is quite as important in scone making as in any other sort of baking and the best ingredients, the most perfect proportions or the most careful mixing will come to naught if the wrong temperature is employed during any part of the baking. There must be a moderate heat at the beginning, increasing gradually until the leavening agent has developed fully. This will be known by the fact that the scones have doubled in bulk. If properly baked, the scones will *not* have commenced to brown. Decrease the heat so that baking may continue and browning begin. Twenty minutes is ample time for the thickest scones to bake and brown nicely.

METHOD OF MIXING

Combine flour, baking powder and salt. Work in the fat quickly and lightly. When granular like meal, add the milk gradually, tossing the dry and wet particles together lightly. Turn out onto a floured board and roll into a sheet half an inch thick. Select a small plate or saucer, mark around with a sharp pointed knife and divide each circle into four parts. Transfer carefully to a hot griddle or a baking pan and bake in a hot oven. The latter is the more practical method where there is a large baking. If baked on a griddle, allow the scones to rise well before turning. If sugar or syrup is used, add to the milk. If egg is used, beat well and add to the milk. If more liquid is needed, add milk or water.

Milk for scone making may be either sweet, clabber or buttermilk. Sweet or sour cream is excellent and when either is used, the fat may be omitted.

Whenever sour milk or cream, or buttermilk, is used, add the necessary amount of baking soda and *also add* baking powder to the flour, as if sweet milk were used. (See Leavening Agents.)

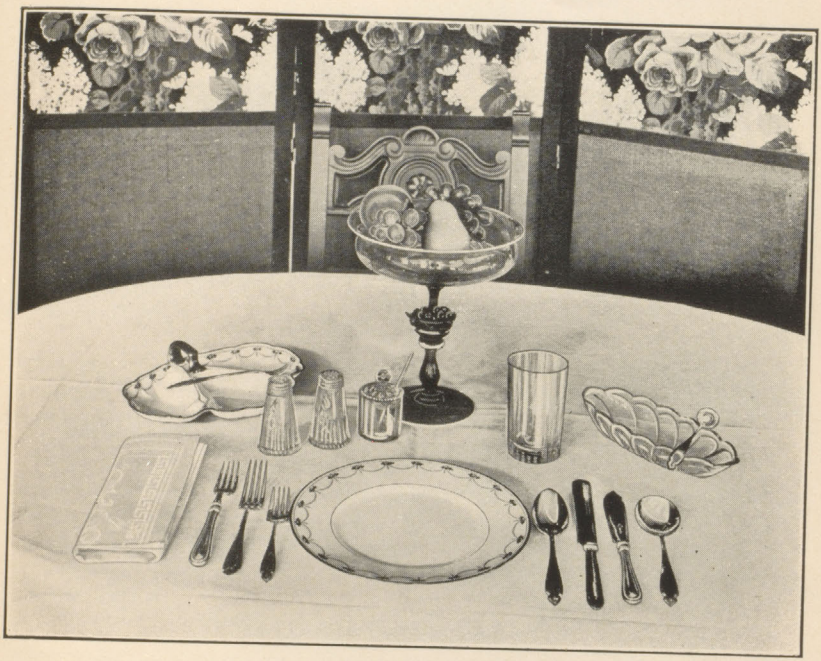
SCOTCH SCONES

Three cups of pastry flour, three teaspoons of baking powder, one-half teaspoon salt, two tablespoons butter or butter and lard mixed, one teaspoon syrup, milk to make a rather soft dough. Handle as little as possible. Bake in iron frying pan. Quantity: 6 sections or 4 circles.

BUTTERMILK SCONES

Substitute buttermilk or clabber for sweet milk in the above recipe, using one-half teaspoon baking soda in the milk and three teaspoons of baking powder, as directed in the flour.

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A single "cover" for a simple dinner-table, showing the flat silver in the order used, beginning, as a simple dinner will, with the soup-spoon at the outer right-hand. The round-bowled soup spoon is the favorite. Mustard, salt and pepper jars are entirely of crystal, even to the screw-tops of the two latter. The china pickle dish has three compartments.

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SCOTCH POTATO SCONES

One and one-half cups of flour, two teaspoons baking powder, one-half teaspoon salt, one cup mashed potato, one-third cup softened butter, one egg; combine the last three ingredients, beat well and add to the other ingredients. Add as much milk as necessary to make a moderately soft dough. Knead lightly. Divide into four parts, roll into balls, flatten into rounds, and cut into fourths. This is equivalent to about one dozen small biscuits.

WELSH SCONES

Two cups of flour, two teaspoons baking powder, half teaspoon salt, two tablespoons of butter, two tablespoons sugar, two oz. Sultana raisins, one-third to one-half cup of milk, one egg; bake in the oven.

WHOLE MEAL SCONES

Four cups whole meal flour, two tablespoons white flour, two tablespoons dripping, one-quarter teaspoon salt, four teaspoons baking powder. Mix to soft dough with water. Bake on hot griddle.

NOTE: These would be good made with milk into which an egg has been beaten.

CREAM SCONES

One cup of flour, one teaspoon sugar, one teaspoon baking powder, one-eighth teaspoon salt, rich sweet cream to make moderately soft dough. Bake on griddle.

THICK SCONES

Four cups flour, one-half teaspoon salt, four teaspoons baking powder, six tablespoons butter, one cup cold milk; knead into a firm dough. Divide into halves, roll each into a ball and flatten into rounds. Divide each round into fourths. Bake on a floured tin in the oven.

WHITE OF EGG SCONES

One cup flour, one teaspoon baking powder, one-quarter teaspoon salt, two tablespoons butter. Blend well, fold in the beaten white of one egg and add one gill of milk (one-half cup). Cut into rounds and bake in the oven.

DROPPED TEA SCONES

Four cups flour, one teaspoon baking soda, two teaspoons cream of tartar, one-quarter teaspoon salt, one and one-half tablespoons sugar, two tablespoons butter. Beat one egg well, add to it one cup of milk and stir into the flour mixture. The mixture must be soft enough to drop on to a greased pan. Allow one dessertspoon to each scone. Bake in a moderate oven.

TESTS FOR OVEN

Stoves equipped with thermometers give proper temperatures for various bakings. The average baker, however, has her own tests growing out of her own experience with herself and her oven.

If the hand be held in the oven comfortably—*in*, not *on*—for 35 or 40 seconds the oven is right for bread for ten or fifteen minutes. After that the heat must be reduced just enough to allow the bread to finish rising and *not* brown. Bread and cake never begin to brown as a result of proper baking until the loaf is almost completely baked inside. Burning is not browning in the expert baker's sense of that word. Browning is, indeed, the finishing touch.

CAKES AND CAKE MAKING

Any one can make a good cake if she has a good recipe, good materials, puts them together properly and bakes them in the right way. No one can succeed who disregards these points.

WHAT IS A GOOD RECIPE?

A good recipe need not require expensive or very rich ingredients. In fact one of the best cake recipes known is the One Egg Cake. But a good recipe must combine ingredients in certain proportions. In general there will be twice as much sugar as butter and twice as much flour as sugar. Eggs will vary according to price and the conscience of the maker although there is such a thing as having too many eggs. Milk is usually in the same proportion as butter but may be increased slightly. Just as soon as one proportion is interfered with some other one must be readjusted. Too much milk will make it necessary to add more flour. This interferes with the leavening and is quite likely to make a stiff, dry cake. It is therefore important to choose one's recipe carefully.

A WORD AS TO MATERIALS

Brown sugar makes a delicious cake provided every other factor is perfect. Some cooks prefer the very light brown "Coffee A" sugar for pound cake. Powdered sugar (not icing) makes a cake with beautiful fine grain; granulated sugar makes a fine cake provided the grains are dissolved. There is therefore, little choice as to sugar.

Butter is, by consent, the favorite fat for cake-making although vegetable substitutes are quite satisfactory if used as directed.

There is absolutely no reason why the finest cake may not be made with sour milk if the rules for leavening agents are observed. Sweet and sour milks may be used interchangeably in any cake recipe.

Only pastry flour should be used. If bread flour is the only kind obtainable some of the amount may be replaced by corn starch, one-half as much as the wheat flour it replaces. Potato flour is excellent for sponge cakes.

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Eggs may be used whole or only the yolks or the whites. It is not desirable however to use yolks alone as the cake not only loses in delicacy of texture but also in flavor. Use at least one white with two or three yolks. On the other hand a cake made of the whites of eggs alone is very delicate. Eggs may be used without separating yolks and whites. In that case the batter should be beaten well after each addition. If the whites are separated from the yolks they should be beaten stiff and folded (not stirred) into the batter after the flour has been beaten in.

Flour should be beaten just long enough to be thoroughly blended with the batter.

POINTS TO REMEMBER

Cream the butter and sugar together until the result is neither one nor the other but a perfect blend of the two. Notice the texture when blended and keep this smoothness throughout the mixing. Cake batter has a tendency to become watery and have a curdled appearance after the addition of eggs and again when milk is added. In either case bring it back to smoothness by using a little of the flour.

USING FLOUR AND MILK

Measure both flour and milk into separate containers. Combine both in the same time. Begin with the flour and add one-third of the amount measured. Drop in the full amount of baking powder called for by the recipe. Also, pour in one-third of the milk that has been measured. Finally, beat all together very thoroughly. Next add the second third of flour and the second third of milk. Beat just enough to regain the smooth texture. Lastly, add the last third of flour and then beat well. Test the batter and if it seems stiff enough it will not be necessary to use the last of the milk.

OVEN TEMPERATURES

The oven should be moderately warm for cake at the start and should increase gradually until the cake has risen to its full height. After that maintain a steady moderate heat. Cake baking should divide itself into three periods of about ten minutes each for an ordinary cake. For large or heavy cakes like raisin or pound cakes the periods will be thirds of the entire time. In the first period the cake will rise to its full height; in the second it will begin to brown. In the third it will finish browning and baking.

WHEN IS A CAKE BAKED?

A cake is baked when all the foregoing periods have been observed. The end of the third period is ascertained in two ways. The cake leaves the sides of the pan. Also, a fine clean straw inserted vertically in the deepest part of the cake will be perfectly clean when withdrawn if the cake is thoroughly baked.

1-2-3-4 CAKE

One cup butter, two cups sugar, three cups flour, four eggs, two-thirds cup milk, two teaspoons cream of tartar, one teaspoon soda. Cream the butter and sugar together, add well-beaten eggs, beat all and add milk; beat again. Sift the cream of tartar and the soda into the flour; and add to the other ingredients. Bake in a slow oven. This will make two loaves.

APPLE SAUCE CAKE

Cream one cup of sugar with half cup of shortening (butter or butter and lard mixed). Dissolve one teaspoonful of soda in as little hot water as possible and stir into one cup of sour apple sauce (apples cooked without sugar), when it foams add about three-quarters cup of sugar and one cup of chopped seeded raisins, half teaspoonful of cloves, cinnamon, allspice and any other desired spice; add flour enough to make a stiff batter and bake in a moderate oven. The success of this cake is in getting the batter stiff enough and having the oven not too hot. This makes a small loaf cake; double the proportions for a large one.

ABERDEEN SHORTBREAD

Weigh two pounds of bread flour, one pound of butter, and half a pound of sugar. Sift the flour, and set the pan into the oven until it is all slightly warm, using a spoon to stir and expose it all to the heat. Cream the butter until it is a creamy white color and will "horn" or keep its shape when lifted by the spoon into surface projections. Then add the sugar, by degrees, beating until the whole is incorporated. Now, using the hands, mix the creamed butter and sugar with the warmed flour, squeezing, kneading, until the ingredients are mixed. The longer this kneading process is continued the shorter the bread will be. Lay the dough on a moulding board, very lightly floured (the addition of extra flour will toughen the cakes), and press out with the palms of the hands into a sheet not more than half an inch thick. Do not use a rolling pin, for this will toughen. Heat a sharp knife, and quickly cut the dough into squares, oblongs, or triangles. Bake in a moderate oven until the bread is a good yellowish brown, uniform in tint, and crisp throughout.

SHORTBREAD

Fourteen ounces best pastry flour, two ounces rice flour, half a pound butter, six ounces castor sugar, one teaspoonful baking powder (not heaped). Wash butter well, squeeze and dry; mix butter and sugar well together, then add flour and baking powder, kneading all well together; then take a sheet of white baking paper size of oven tray; divide dough into pieces (cake size), and roll or knead out on this paper. Never move about the cakes, but let them remain where they are flattened out. Form round, either mould or pinch round edge with finger and thumb; prick in centre with biscuit stamper or prongs of a fork. Lift paper and all, place on oven tray. See that the oven is brisk, but not too hot. When put in first, leave oven door off the catch for ten minutes till the cakes rise a little; then close the door gently. Bake forty minutes. Let cakes firm before taking them off the paper.

BANBURY CAKES

Recipe for cakes as made in Banbury, Oxfordshire, England.

Take one pound of currants, mix them with a quarter of a pound of chopped beef suet, six ounces of mixed candied peel, shredded very fine, a few grains of salt, a teaspoonful of cinnamon and nutmeg mixed, and one dozen of macaroons rolled to a powder. Make a rich puff paste, roll out one-half very thin, and spread the filling equally over it. Moisten the edges, lay on the remaining half roll equally thin and press edges securely together. Mark the whole into divisions, two inches wide and three inches long. Bake in a well-heated oven thirty minutes, divide into cakes while still warm and dust with sugar.

BANBURY CAKES NO. 2

Take two pounds of currants, half an ounce of allspice and powdered cinnamon; four ounces each of candied orange and lemon peel; eight ounces of butter; one pound of brown sugar and twelve ounces of flour. Mix all well together. This mixture will keep for weeks. Roll out a piece of puff paste, cut it into oval shapes, put a small quantity of the mixture into each, and double them up. Flatten them with a rolling pin and sift sugar over each. Bake in a very hot oven.

BLUEBERRY CAKE

Two tablespoons shortening, one cup sugar, two eggs, two cups stewed blueberries, two teaspoons of baking powder and a little salt in flour enough to mix quite stiff. Bake in hot oven. The cake is a purple color when cut.

BRANDY SNAPS

Put one-half cup of molasses, one-half cup of butter or butter and lard mixed and two-thirds cup of brown sugar into a sauce pan.

Bring to the boiling point and remove from the fire at once. Stir to mix the ingredients. Add one scant cup of flour and one-fourth tablespoon of ginger. Beat well and set aside for several days in a cool place or use at once.

The shaping and baking of the wafers is the important part. Break off pieces of dough a little smaller than an English walnut. Place these far apart on a slightly greased tin. With a fork press these balls down very flat and thin and keep as circular as possible.

Have the oven just warm and put the pans in. The wafers will soften and spread and as they bake will puff up and form bubbles which will break showing very thin spots, finally the dough will become brown. Do not allow to burn but let the wafers turn a rich brown.

Remove the pan from the oven and allow it to stand for a few seconds. Run a spatula around the edges of the wafers. By the time all have been loosened in this way it will be possible to loosen them entirely from the pan. As soon as all are loosened begin taking up one by one and rolling over the handle of a wooden spoon. Set aside to cool. If they harden before rolling set in the oven for a moment.

If not sufficiently baked the snaps will soften. Keep in a tin box. Work quickly but do not hurry from one part of the process to the next.

SCOTCH CURRANT BUN

Four pounds bread dough, two pounds seedless raisins, two pounds currants, one pound butter, quarter pound blanched and chopped almonds, quarter pound of candied orange peel chopped fine, two ounces chopped citron peel, one ounce powdered cinnamon, one ounce powdered ginger, half ounce powdered allspice, quarter ounce powdered cloves and one grated nutmeg. Mix the butter and the dough well together, work it in with the hands; then take one pound of the dough, roll it out on a baking board with a little flour and cut off as much as will form a top crust for the bun. Then with the other part of the pound of dough, line buttered cake tin. Now put the remaining dough into a large basin, add the fruit, almonds, peel and spices, and work well with the hands. Then fill the tin neatly, and after wetting the top edge of the dough with a little water, place on the top crust and prick over the top with a fork. Bake in a good steady oven for four hours. After the top is browned, brush it over with beaten egg. This will glaze it.

ANOTHER SCOTCH CURRANT BUN

For the crust: one and a half cups flour, one tablespoon butter, one teaspoon baking powder, a pinch of salt. Mix to a firm paste with cold water, roll out thin and line a cake tin, leaving enough paste to cover top. For the inside mixture, use four cups of flour, two cups brown sugar, two pounds currants, two pounds raisins,

one tablespoon peel cut fine, one teaspoon black pepper (some cooks omit the pepper), one small teaspoon soda, one teaspoon cream of tartar, two teaspoons ginger, two teaspoons cinnamon, one cup milk, or just enough to moisten. Mix thoroughly and put into the lined tin, make flat on top, wet edges of paste and put on top cover of paste. Prick top crust with fork. Bake in slow oven for from two and a half to three hours.

CHOCOLATE CAKE

This recipe resulted in a prize-winning cake at a cake-making competition. It calls for half a pound of grated chocolate, half a pound of butter, six ounces of sugar, four eggs, one tablespoon of warm milk, a quarter of a pound of flour, two ounces of rice flour, one teaspoonful of baking powder (rounded) and one teaspoonful of vanilla. Cream the butter and sugar together and add the chocolate dissolved in the milk. Beat the eggs and add them. Then add the flour, rice flour and baking powder gradually. Mix well and bake in a loaf pan for one hour in a moderate oven.

CHOCOLATE CAKE No. 2

Three-quarters cup butter, two cups sugar, four eggs beaten separately, three-quarters cup milk, two and half cups flour, four teaspoons baking powder, two tablespoons vanilla, one teaspoon allspice, half teaspoon mace, three tablespoons grated unsweetened chocolate. Cream butter and sugar until very light and white, add well-beaten yolks, milk and flour (to which has been added and sifted three times the baking powder). While mixing in the flour, add gradually the white of the eggs which have been beaten dry and stiff. Add to this the vanilla flavoring. Beat briskly for one minute, then divide into two equal parts. To one part add the allspice, mace and chocolate. Bake each part in two layers, making in all four layers.

COFFEE-CAKE

Take enough risen bread dough to make one loaf of bread, add to it one-quarter cupful of softened butter, one-half cupful of sugar, one well-beaten egg, and a few gratings of nutmeg. Mix well, then knead, roll in sheets three-fourths of an inch thick, put in shallow pans and let it rise. Beat two eggs with enough sugar to make the consistency of thin batter. Make cuts in the raised dough with the edge of the spoon so that it will take up the dressing. Pour on, sprinkle with cinnamon, and bake.

CHRISTMAS CAKE No. 1

One coffee cupful cold, boiled coffee, half a cup shortening half a cup brown sugar, one egg, one heaping teaspoonful baking powder, one level tablespoonful cinnamon, one and a half pounds seeded raisins, half a pound of currants, a quarter of a pound citron peel, and four level cups of flour. A cupful of nuts makes

a nicer cake. Bake the cake about one hour in a moderate oven.

In making the cake mix all the ingredients except the flour and baking powder, and let it stand for several hours, then mix in flour and powder and bake. This gives it a finer blend.

CHRISTMAS CAKE No. 2

Ingredients: Two cups bread sponge, two eggs, two cups sugar, one teaspoon soda dissolved in half a cup of hot water, one cup lard and butter mixed, one teaspoon cinnamon, one teaspoon cloves, one teaspoon nutmeg, two cups raisins, one cup mixed fruit such as figs, orange peel, cherries, citron, three and a half cups flour. Method: Mix well, let rise two and a half hours. Bake slowly in two loaves for one or more hours. This recipe is for two loaves. It makes a cake that improves with keeping. If to be kept wrap the loaves in wax paper, put in a tin box and seal.

EGG CRACKNEL BISCUITS

This recipe makes delicious crisp and creamy crackers and a little experience will produce biscuits which cannot be surpassed by those ordinarily sold by dealers: Take one quart of flour, one large pinch of salt, five tablespoonfuls of sugar, one teaspoonful of baking powder, four tablespoonfuls of butter, (use level measurements) and four eggs. Sift together the flour, sugar, salt and baking powder: rub in the butter slightly softened, but unmelted, add the eggs beaten, and mix to a firm, smooth dough. Flour the board, turn out the dough and give it a few minutes rapid kneading. Do not have it too soft, but firm and elastic. Cover with a damp (not wet) towel for fifteen minutes; then roll it out quickly to the thickness of one-eighth of an inch. Cut out with a biscuit cutter. A round slightly scalloped one about two inches in diameter is often used. Also if desired, crease each across lightly with a case knife. When all are ready, have a large pot of briskly boiling water, and a large tin pan of cold water. Drop the biscuits, a few at a time, into the boiling water. When they appear at the surface, and curl at the edges, take them up with a long handled skimmer, and drop them in cold water. When all are thus served, lay them on greased baking pans, and bake in a fairly hot oven for nearly fifteen minutes. Have the oven neither too hot nor too cool, and the biscuits will be curled, crisp, and delicately browned at the edges within this limit.

SOUR CREAM CAKE

Two and one-half cups flour, two teaspoons baking powder, one-quarter teaspoon salt, one cup sugar, one-half cup nut meats, one cup seedless raisins, one cup sour cream, one quarter tea-

spoon soda, four tablespoons soft butter, two eggs, one teaspoon each cinnamon and nutmeg. Mix and sift flour, baking powder, salt and nutmeg and cinnamon. Add sugar, nuts and chopped raisins. Dissolve soda in cream and add softened butter. Add this to dry ingredients and mix thoroughly. Add eggs well beaten the last thing before baking. Bake in a loaf.

CRUMB CAKE

Mix well together one and two-thirds cups sifted flour, two tablespoons butter, one cup brown sugar, and one-quarter nutmeg, grated. Take out one-third cup to sprinkle over the top just before it is put in the oven. To the remaining portion add one cup chopped raisins and one cup sour milk, in which one teaspoon soda has been dissolved. Mix well and put in a loaf tin. Sprinkle the small quantity of dry ingredients over the top and bake forty minutes slowly.

YORKSHIRE CURD CAKES

Make a bowl of curds by heating two quarts of milk to simmering point, and adding to it some soured buttermilk, adding one-half a cup at a time, and gently stirring until the curds of the milk separate from the whey. How much buttermilk has to be used depends on its acidity. Strain off the whey, press the curds rather dry, return to the bowl and beat into them one cup of rich heavy cream, one cup of granulated sugar, and one cup of dried currants, first washed and spread on a pan to heat in the oven until plumped. Add one-half an ounce of fine-chopped candied peel, one-half a teaspoonful of salt, a few grates of nutmeg, and, lastly, beat in one or two eggs, the yolks and whites beaten separately. Pour by spoonfuls into shells of puffpaste, and bake in a quick oven.

LADY BALTIMORE CAKE

Bake any good white cake in layers. Put together with boiled sugar icing (white) to which has been added one-fourth cup of chopped raisins and the same amount of English walnut meats or pecan meats chopped.

DATE CAKE

Three-quarters pound stoned dates cut in half lengthwise, a quarter pound shelled almonds, cut lengthwise, two eggs, one cup brown sugar, one cup butter one teaspoon baking soda dissolved in three-quarters cup boiling water, one and a half cups flour. Bake three-quarters of an hour in a moderate oven inclining more to be cool than too hot. Cream the butter and sugar, add well beaten whites of eggs and flour alternately also the yolks, then pour over the boiling water and baking soda. Have the dates well floured and add last. A teaspoonful of baking

powder can be sifted with the flour if liked. This cake will keep fresh a long time.

DELICIOUS CAKE WITHOUT EGGS

Cream together till light one cup shortening, two and a half cups white sugar; add two large cups sifted flour. Then one pound currants or sultanas, or half of each. To a cup of flour add one teaspoon cinnamon, one teaspoon allspice, and one teaspoonful of nutmeg and stir into cake mixture. Then stir one teaspoon baking soda into one pint or two cups of sour milk or buttermilk. Have tin ready greased and floured, before adding the milk and soda. Bake one and a half hours in a moderate oven. This makes a large cake weighing four pounds. If batter seems too thin, add an extra half cup flour the last thing. Nice if iced with boiled icing.

MOLASSES DOUGHNUTS

One cup molasses, one cup sugar, two tablespoons melted lard, one and a half cups sour milk, one and a half teaspoons baking soda, one egg, half teaspoon salt, nutmeg to taste, and flour enough to roll out.

MOLASSES DOUGHNUTS No. 2

Two eggs, one cup molasses, one cup sugar, five tablespoons melted butter, a pinch of salt, one and a half cups buttermilk, a little allspice and two heaping teaspoons baking soda, dissolved in water. Flour to make dough.

PLAIN DOUGHNUTS

One egg, one cup of sugar, two tablespoons of butter, beaten together till creamy. Add one cup of sweet milk, a pinch of salt, two teaspoons of baking powder stirred into two cups of flour. Add one-half teaspoon of ginger and one-fourth teaspoon of nutmeg to the flour. Beat well, roll out about one-fourth of an inch thick. Cut out all the cakes before beginning to fry. Cook in deep fat that will fry a small walnut-sized ball of the dough in about sixty-five seconds. Do not let the fat get above that degree.

ECCLES CAKE

This is a good recipe for using left-over pastry. The cakes are named from the Lancashire town of Eccles, where they are a specialty with confectioners. Roll out left-over piecrust—puff or short—in rounds about six inches in diameter, and fairly thin. In the middle of each round put a small handful of currants or raisins, and nut-meats, broken small, a heaping teaspoonful of soft sugar, and a dash of your favorite spice. Gather the edges and pat them together, then carefully roll out to the original size. Slash slightly and bake a light brown.

ECCLES CAKE No. 2

Two ounces brown sugar, one ounce butter, one-quarter pound currants, one ounce candied peel, a little grated nutmeg and lemon rind. Put the butter and sugar into a small pan; when they are melted add the other ingredients. Pastry: Half pound flour, two ounces lard, two ounces butter, pinch of salt, one teaspoon baking powder, a little cold water. Mix the flour, salt and baking powder together in a large basin, cut the butter and lard into small pieces and add. Mix lightly into the flour with a knife, add enough cold water to make it into a light paste. Put it on a floured board and roll it out, fold in three, turn it around and roll it again; repeat twice, rolling the last time about one-third inch thick. Cut into rounds about the size of a small saucer, put one tablespoon of the mixture onto each, squeeze the edges all together, turn over and roll out until the currants shine through. Bake half hour.

EAGLE CAKE

One cup brown sugar, one-half cup butter, one cup sour milk, one egg, one teaspoon (level), each, of baking soda, cinnamon and nutmeg, one-quarter teaspoon cloves, one cup raisins or currants, two cups flour. Bake as loaf in well-greased pan.

ELECTION CAKE

Into one cup of raised bread dough work one-half cup of butter; add one well-beaten egg, one cup of brown sugar, one-half cup of sour milk, two-thirds cup of raisins chopped, eight figs shredded; knead or beat well, add one and one-fourth cups of flour mixed with one-half teaspoon of soda, one teaspoon of cinnamon, one-eighth teaspoon each of cloves and nutmeg and one teaspoon each of ginger and salt. Turn into greased pan, let rise in a warm place till very light (two hours) and bake carefully like bread for one hour.

TIP TOP FRUIT CAKE

Weigh one pound of flour, and mix with it three pounds of raisins and currants, combined in the proportion of one pound of raisins to two of currants, or one pound and one-half of each. Put into the flour sifter a cup or two at a time, and sift until the flour and the floured fruit are separated. Add to the flour three teaspoonfuls of baking powder and two teaspoonfuls each of ground cloves and mace, also one large nutmeg, grated, and sift once more. Cream one pound of butter until light and white; add gradually one pound of sugar, the juice and grated rind of one lemon, one-half a cup of molasses, and the beaten yolks of six eggs, added, alternately, with the flour sifted with spices, and the stiff-beaten whites of ten eggs. Lastly, add the fruit, and

mix all well. Line a round pan with well-greased paper, and pour in enough of the cake batter to cover the bottom. Have ready one-half a pound of citron, cut into thin strips, and arrange some of these in the batter in the pan. Pour in another layer of batter, stick strips of citron into this, and so proceed until all the batter is used up. Cover with greased paper, and bake for three hours in a moderate oven with gradually increasing heat, removing the paper at the end to brown the top. Or the cake may be steamed for the first two hours, and baked for the third hour.

Various methods are employed to keep the cake for a long time. It may have the paper removed and be frosted all over at once. It may retain the paper, and be frosted on top. It may be stored in a tin box with an open bowl of water, the box closely covered. It may be placed on a layer of sugar an inch deep in a cake box, and then have sugar added to fill in around the sides and cover the top to the depth of an inch.

FRUIT CAKE No. 2

The following is an excellent fruit cake which may serve at a birthday party. It is substantial and yet not too heavy and rich to be partaken of by older children. Cream together two cupfuls of butter and two and one-half cupfuls of brown sugar. Add five eggs beaten well. Measure and sift together five and three-quarter cupfuls of pastry flour, two teaspoonfuls of cream of tartar, one teaspoonful of soda, one and one-half teaspoonfuls each of cinnamon and nutmeg, one-half teaspoonful each of cloves, allspice, and mace, and one-fourth teaspoonful of salt. Add to the mixture alternately, with one-half cupful of molasses and one-half cupful of coffee or milk. Clean and weigh one pound each of seeded raisins and currants, mix with one-fourth cupful of flour, and add to the cake mixture. Bake in three medium-sized loaf pans at 275 degrees F. for three hours or until thoroughly baked.

BOILED FRUIT CAKE

This is an eggless recipe. Three-fourths cup sugar, three-fourths cup raisins, one-half cup shortening (half butter and lard), one cup boiling water, small teaspoon spices, pinch of salt. Boil all together five minutes, let cool, add two cups flour and one teaspoon soda. Bake.

PORK FRUIT CAKE, EGGLESS

One pound solid fat pork (chopped very fine); pour over this one pint of boiling water, then add: two teaspoons baking soda, two cups sugar, one cup molasses, one pound currants, one pound seeded raisins, half pound citron peel, (cut fine), one cup

chopped nuts, half glass orange or grape-juice, one teaspoon cloves, one teaspoon ginger, two teaspoons cinnamon, one grated nutmeg, four cups flour. Pour into a pan lined with buttered paper, and bake for two hours in moderate oven.

PLAIN FRUIT CAKE

Cream half a cup butter, add gradually one cup sugar, add two eggs beaten very light and foamy. Sift together two cups flour and three teaspoons baking powder, and add alternately with half a cup of milk to the first mixture. Add one teaspoon flavoring extract. Add half a cup of citron and half a cup of raisins finely chopped, floured before using. Pour into a lined and greased cake pan. Bake thirty-five to forty minutes in a moderate oven. A finer texture is secured for the cake by separating the yolks and whites of the eggs, adding the yolk to the sugar and butter, and cutting and folding in the beaten whites last of all.

POOR MAN'S FRUIT CAKE

Dissolve a teaspoonful of baking soda in a tablespoonful of water; put this in a bowl, add a half-cupful of molasses, one cupful of thick sour milk, and three tablespoonfuls of olive oil or melted butter; mix thoroughly; add one cupful of brown sugar and then stir in three cupfuls of sifted flour. Add one level teaspoonful each of cinnamon and ginger and half a nutmeg grated; stir in one pound of seeded raisins; turn into a square bread-pan and bake in a moderate oven for one hour. When done turn it from the pan and when cool put it in a tin box to ripen, for at least one week.

CHRISTMAS FRUIT CAKE

This is the old-time recipe for fruit-cake. It is known as one so satisfactory that the cake after keeping for months, has been pronounced the best ever eaten. The given quantities make a very large cake, and if it is not desired to make enough to keep, the quantities may be halved or lessened, keeping the proportions: Take seven eggs; one cup of sugar; one cup of butter; one-half cupful of molasses with one-half teaspoonful of soda stirred into it; one-half pound of citron; one pound of raisins; one pound of currants; one pound of blanched almonds; one tablespoonful of nutmeg; one tablespoonful of cinnamon; one-half a tablespoonful of ground cloves; one quart of sifted flour; add flavoring of not more than five drops of almond essence, or one tablespoonful of vanilla. Beat the eggs separately, and fold (do not stir) in the whites, last, before putting the mixture into the oven. Have the currants washed and nicely dried the day before (do not crisp them); seed and chop the raisins and stir all

the fruit into a little of the flour before it is added to the mixture just before the egg whites are folded in. Sift the spices with the flour, and beat the latter in gradually. Bake for two hours in a moderate oven containing a dish of hot water on the upper shelf.

MOLASSES FRUIT CAKE

Ingredients: One cup sugar, one cup molasses, one cup butter or substitute, three cups flour, one teaspoon soda, three eggs, two teaspoons cinnamon, one teaspoon cloves, one teaspoon nutmeg, one pound raisins, one pound citron, one pound currants or small raisins, one cup strong coffee. Method: Cream butter and sugar, add beaten eggs and molasses. Sift dry ingredients and add. Beat thoroughly, add chopped fruit and beat again. Any combination of dried candied fruits may be used. Bake very slowly in a moderate oven. Keep in a cool but not too moist place, as age improves this cake. The coffee should be poured or sprinkled carefully over the cake as it is taken from the oven. If baked in a covered roasting pan with the cover on until the last half hour no coffee will be needed to soften the cake. These ingredients make a four-pound cake.

PORK CAKE

Put one pound of clear fat from pork through the fine chopper, place in a bowl, and pour over it one cup of boiling water. Stir until the fat begins to dissolve, then add one cup of dark brown sugar and stir until dissolved. In cold weather the bowl may be set over hot water to retain warmth. Add two cups of molasses, four cups of flour sifted with two teaspoonfuls, each, of ground allspice and cinnamon, and one-half of one nutmeg, grated. Stir into the batter two pounds of raisins, seeded and floured, one pound of dates, stoned, cut into quarters, and floured, and, lastly, two teaspoonfuls of baking soda dissolved in a very little hot water. Pour into a tube pan, lined with greased paper, and before putting in the oven insert, bit by bit, with the fingers, one-half a pound of citron, shaved very thin. This cake calls for a moderate oven and careful watching during baking.

PORK CAKE No. 2

This is both a good and simple recipe. Take one-half cup of sugar, one-half cup of strong coffee, one-half cup molasses, one-half cup of chopped fat salt pork, one-quarter cup of lard, one cup of raisins, stoned and chopped, two cups of flour, two eggs, one teaspoon of soda dissolved in the coffee, one teaspoon of cloves, cinnamon, and nutmeg. Bake in a loaf in a well-greased pan and put into a slow steady oven.

RICH PORK CAKE

This recipe makes a large cake which keeps well: One pound fat salt pork, chop fine; three cups strong coffee, two cups sugar, two cups molasses, one pound raisins, stoned and chopped, one pound currants, carefully washed and dried, one tablespoonful of allspice, one of cinnamon, one of ginger, one very large teaspoonful of baking powder, flour enough to make batter of ordinary stiffness as for cake. Pour the boiling coffee over the chopped pork, and stir well together, add sugar, molasses and spice. Beat hard, stir in the flour sifted with baking powder, and lastly the floured fruit, bake in one loaf in a well-greased pan, the oven must be slow and steady.

HOT WATER GINGERBREAD

One cup molasses, half a cup sugar, two tablespoons melted butter, half cup boiling water with one teaspoon soda dissolved in it; two cups flour, half teaspoon salt, one teaspoon ginger; raisins if liked. Mix, and add one egg well beaten. Bake thirty minutes.

COFFEE GINGERBREAD

Mix together one cupful of molasses, half a cupful of strong strained coffee and half a cupful of thick sour milk mixed with one and a half teaspoonsful of baking soda. Sift into a bowl two and a third cupsful of flour and add two scant teaspoonsful of ground ginger, two teaspoonsful of brown sugar, half a teaspoonful of salt and a half teaspoonful each of ground cinnamon and nutmeg. Gradually blend the liquid with the dry ingredients and beat in a quarter of a cupful of melted shortening. Bake half an hour in a moderate oven.

GINGER SNAPS

One cup molasses, one cup shortening (lard or butter), one cup sugar, one heaping teaspoon soda, one teaspoon ginger, one teaspoon salt, half a cup boiling water, and flour to stiffen, about three cups. Mix in the flour, and then set dough outside to chill or get cold with cover over it. Handle as little as possible after chilling. Do not roll out, but pinch off pieces the size of marbles and roll with hands. Slightly flatten them on top, place about one inch apart in pans, and bake in a moderately hot oven till the right shade is obtained.

HARD GINGERBREAD

Mix together flour and molasses to make a dough stiff enough to knead. Before kneading add salt, soda dissolved in boiling water to cover and ginger to flavor. Also add a piece of lard. Knead the dough until it becomes very light under the hand.

When of the right consistency the dough will not break if rolled in a large sheet and lifted up. Cut into cards and bake in a moderate oven. There is no definite measurement for the flour and molasses but a general proportion for the ginger, lard and soda is; two tablespoons of lard, and one and a half teaspoons of ginger to each cup of flour; one-half teaspoon of soda to each cup of molasses.

HARRISON CAKE

One quarter cup strong coffee, one quarter cup butter, one half cup sugar, one and a half cups flour, two eggs, two and a half teaspoonsful baking powder, one quarter cup preserved ginger cut in small pieces, one teaspoonful cinnamon.

Cream the butter, adding the sugar gradually, beating thoroughly. Then add the eggs well beaten, flour, baking powder, alternately with the milk. Bake in a long pan.

KING EDWARD CAKE

Cream together one-half cup of butter, one cup of brown sugar, one teaspoon of cinnamon and two tablespoons of molasses. Add three well-beaten eggs, one-half cup of sour milk into which has been stirred one-half teaspoon of soda and two cups of flour mixed with two teaspoons of baking powder. Beat well and at the last add one cup of raisins boiled till soft in coffee.

LEMON BISCUITS

One cup lard, two and a half cups white sugar, two eggs, one pint sweet milk, eight teaspoons baking ammonia, two teaspoons oil of lemon, a pinch of salt. Dissolve ammonia in a little milk, and use enough flour for a fairly stiff dough. Roll out and cut in squares or oblongs.

"LIGHTNING" TEA CAKES

Sift together one and a half cups flour, three-quarters of a cup fine granulated sugar, two teaspoons baking powder, and half a teaspoon salt. Melt a quarter of a cup of butter or other shortening, break in two eggs, and fill up the cup with milk. Add half a teaspoon of flavoring extract or a saltspoon of spice. Mix with the dry ingredients and beat well for two or three minutes. Bake in greased tins in quick oven for fifteen minutes or till done.

LEMON CAKE

One-half cup of sugar, one teaspoon butter, one tablespoon of milk, three eggs, one cup flour, one teaspoon baking powder; bake in jelly cake tins, use filling made of two apples and one lemon, grated together with a little sugar.

PEACH JAM AND LAYER CAKE

Peel desired number of peaches, remove stones and cut into dice. To each quart of peaches add one pound of sugar and the juice, pulp and grated rind of one-half lemon. Heat slowly and cook until

thick. Seal in sterilized glass jars while hot. For a delicious layer cake, spread this jam and sweetened and flavored whipped cream between layers of cake. Heap whipped cream on top.

JELLY ROLL

Three eggs, one cup sugar, one cup sifted flour, one teaspoon baking powder, two tablespoons melted shortening, one teaspoon vanilla. Beat eggs until very light; add sugar gradually, beating with egg beater, add water, vanilla and shortening; sift flour, baking powder and little salt and fold into batter. Have a shallow baking tin well greased and bottom covered with greased paper. Bake in a hot oven. When done cover with two cups cooked fruit. Turn the top edge of cake down, pressing firmly. Then pick up the corners of paper and bring toward you. The cake will roll perfectly. Sprinkle with powdered sugar, slice and serve.

LARGE JELLY ROLL

Beat the whites and yolks of four eggs separately, add one and three-quarters cups white sugar to the beaten yolks, then one cup cold water, one teaspoon vanilla, one pinch salt, two teaspoons baking powder and two cups flour, and last add the whites of the eggs. Beat well and bake about twenty minutes, then take out, spread jelly on it, and roll in a cloth.

MACAROONS

Work together on a large, flat platter one cup of almond paste and six ounces of powdered sugar. It is better to use the hand in mixing these. Beat stiff the whites of three eggs, and mix with the paste and sugar until the whole is smooth; a spatula, a wire beater, or a wooden spoon may be used in this process. Spread oiled paper on a baking sheet, and drop the mixture on it in small spoonfuls, about an inch apart. Bake from fifteen to twenty minutes in a moderate oven.

They may be removed from the paper by slipping a flexible knife under each, or by wetting the bottom of the paper with hot water. This method is very simple, and success is easily attained, but to try to make macaroons without the genuine almond paste, the real marzipan, is not at all satisfactory.

MAPLE SYRUP CAKE

Beat two-thirds cup of butter to a cream; gradually beat in one cup and a fourth of sugar and one tablespoonful and a half of maple syrup. Add three eggs, beaten without separating the whites and the yolks. Sift together, two or three times, three cups of sifted flour and four level teaspoonfuls of baking powder, and add to the first a cup of water. Bake in a sheet in a large pan.

YORKSHIRE PARKIN

Half a pound of fine oatmeal, half a pound of plain flour, a dessertpoonful of ginger, two tablespoonfuls of sugar, quarter

of a pound of lard, three tablespoonfuls of molasses, one or two eggs, a teaspoon of baking powder. Mix with milk. Put in a small square tin, and bake in a moderate oven.

YORKSHIRE PARKIN No. 2

Half a pound flour, quarter pound oatmeal, six ounces brown sugar, and ginger to taste; mix these well together. Melt together pound treacle (instead of treacle molasses and golden syrup can be used). Add this to the other ingredients and drop into greased baking tins. Bake in moderately hot oven, watching that they do not burn.

SCOTCH PARKIN

One and three-quarter pounds graham flour, half a pound brown sugar, one teaspoon baking soda, two teaspoons ground ginger, mix well together. Melt one pound treacle (substitute molasses and golden syrup) and half a pound of lard together. Add to the dry ingredients, and drop the mixture on a greased baking sheet, leaving plenty of room for spreading. Half a blanched almond is usually laid on the centre of each.

With an egg—Half a cup of shortening, the same of sugar, and same of molasses, one egg, half teaspoon baking soda, one cup rolled oats, (or oatmeal), one and a half cups flour, half a teaspoon mixed spices. Spread about half an inch thick in a baking pan, wetting spoon with cold water to make the mixture spread easily.

PIKELETS

Ingredients: One half pound flour, one teaspoon cream of tartar, half teaspoon baking soda, one tablespoon sugar, one egg, one cup milk. Sift the flour and cream of tartar, add sugar, blend baking soda with a little milk, add remainder of milk, beat the egg well and stir into the milk; pour all into the dry ingredients, making into a thick batter. Have ready some hot frying-fat, put mixture in in small pieces (about dessertspoon), and fry a nice brown on each side. Lift out, drain on paper, serve with fine sugar sprinkled over them.

WEST OF ENGLAND PIKELETS

Sift one pound of flour with three pints of milk, three eggs well beaten and a pinch of salt. Mix in the order given, let it stand a quarter of an hour and bake on a girdle. Made thus the pikelets will keep fresh two or three days. The quantity of flour used depends on the kind, as some flours need more moisture than others.

A SMALL POUND CAKE

Four ounces of butter, one cupful of sugar, place in a warm bowl and cream until light and frothy; now add yokes of four

eggs and beat well for ten minutes, then add three cupfuls of flour, four level teaspoonfuls baking powder, one cupful of milk, one teaspoonful of nutmeg. Beat hard for fifteen minutes and then carefully fold in the stiffly beaten white of an egg and then pour into a prepared pan and bake for an hour in slow oven.

COLD WATER POUND CAKE

Beat together three eggs and one and a half cupfuls of sugar, add one cupful of soft butter, one-half cup of cold water, two cups of flour and two teaspoons of baking powder. Stir all together, flavor with lemon and bake in a moderate oven.

GRANDMOTHER'S POUND CAKE

One cup butter packed solid, one and two-thirds cups granulated sugar, one-half teaspoon mace, five unbeaten eggs, two cups sifted pastry flour. Have a round pan, greased and floured, the oven ready and ingredients measured, as the mixing must all be done by the hand. Cream the butter, add sugar and work until very light, add spice and one egg at a time and stir with the hand until you do not see any of the egg yolk, then another egg, and so on until all are used. Then mix in the flour, and turn at once into the pan and bake slowly, about an hour.

The grain of the cake should be fine and close, with not a suspicion of any toughness or heaviness, not porous like a cake made light with gas from soda and cream of tartar or by long beating, and yet soft, light and velvety. This texture is obtained by the thorough blending of the butter and sugar and not over-beating the eggs.

DELICIOUS RIBBON CAKE

Use one-quarter pound butter, one-half pound sugar, three eggs, one-half pound flour, one level teaspoonful cream of tartar, half a level teaspoon baking soda, and one-half small teacupful milk. Beat butter and sugar to a cream, then beat in the eggs one by one. Pass the flour, cream of tartar, and baking soda through a sieve. Add the milk to the mixture, and lightly stir in the flour. Divide the mixture into three portions. Have three round sandwich tins greased ready. Put one portion of the cake in as it is. Colour the second portion a bright pink with cochineal, and flavor with essence of lemon. Dissolve two tablespoons of cocoa in a tablespoon of water, stir into the third portion, and flavour with vanilla. Bake in a moderate oven. When cool put plain cake underneath, the brown and pink on top, with a layer of icing between each cake, and the rest on top. Icing—Mix icing sugar and cold milk together to a stiff paste and spread with a knife.

SULTANA CAKE

Three-quarters pound flour, quarter pound butter, six ounces sugar, three eggs, half a pound of sultana raisins, one teaspoon baking powder, half a teacupful milk. Beat the butter and sugar to a cream, add yolks of eggs well beaten, and the milk. Stir in the flour and baking powder well mixed, and a little essence of lemon to flavor. Have the sultanas picked and cleaned; add them, and beat all well together. Grease and paper a tin, pour in the mixture, and bake about one hour in a moderate oven.

BOILED RAISIN CAKE

Boil half a package raisins in three cups water, put on cold. Boil until reduced to one cup juice. Take one tablespoon butter, one cup sugar, a pinch of salt, one egg, and mix smooth. Add hot raisins, one teaspoon soda sifted with two cups flour, then add the hot juice, and flavor with nutmeg, cinnamon and cloves. Put in hot oven while mixture is still warm, and bake.

SHREWSBURY FLUFF CAKE

Beat the whites of five eggs to a partial froth, then add half a teaspoon of cream of tartar, and beat till dry and stiff. Next add gradually three-fourths of a cup of fine white sugar and one-fourth teaspoon of almond extract, and beat till light. Now sift one-half cup of flour several times and fold it into the mixture, very gently, bake in two layer-cake pans and put together with the Strawberry Fluff Filling, which is made like this: Beat the white of one egg slightly, then add half a cup of crushed berries and beat vigorously, adding gradually a cup of confectioners' sugar. Beat steadily until this mixture becomes very light and fluffy. When it is beaten sufficiently it will hold its shape readily if the beater is lifted. Spread between the layers and over the cake, and decorate with fresh berries.

SHREWSBURY CREAM CAKE

The cake may be made after any desired recipe. For the filling whip one cup of cream till quite stiff, and sweeten with one-fourth of a cup of sugar, then add the white of one egg beaten to a stiff dry froth, and a cup of mashed, but not strained, berries. Ice the top of the cake with a simple confectioner's icing made by adding four tablespoons of strawberry juice to as much fine confectioner's sugar as it will absorb.

TWELFTH NIGHT CAKE

Beat one cupful butter or other fat to a cream in a basin, then gradually beat into it two cupfuls castor sugar, the strained juice and the grated rind of a lemon. Stir in gradually a cupful milk, and five eggs well-beaten alternately with four cupfuls of flour, sifted carefully, with a level teaspoonful of cream of tartar and half a level teaspoonful of baking soda. Pour into a round greased cake-tin lined with buttered paper, drop a bean and a clove into one side of the cake, marking their location by two clean broom-straws, and drop

the pea into the other side. Bake in a moderate oven for an hour and a half, then remove from the tin and cool on a cake rack away from any draught.

THE ICING

When cold, ice with icing made from a white of an egg into which you have gradually beaten a cup of icing sugar, leaving the broom-straws during the icing, then leave to harden.

Meanwhile make the icing for decoration by mixing very slowly into two whites of eggs two cupfuls of icing sugar, beating for about two minutes between the addition of each tablespoonful of sugar, otherwise the icing will not be smooth and glossy. Flavour to taste with lemon juice, beat three minutes longer, then with a knife spread a thin coat of this icing over the other, dipping the knife occasionally into a jug of hot water.

VINEGAR CAKE

Take two pounds flour, one pound sugar, two pounds currants, one-quarter pound stoned raisins, three-quarters pound butter, one-quarter pound mixed peel, two or three eggs, two teaspoonfuls baking soda, two breakfastcups milk, and two tablespoonfuls vinegar. Rub the butter into flour, and add dry ingredients. Beat eggs well, then add them and the milk. Put soda and vinegar into cup, mix well, and stir in mixture. Then mix very thoroughly. This quantity makes two loaves. Bake in moderate oven for two hours.

PLAIN WHITE CAKE

For a plain white cake suitable for any birthday cake, use the following recipe. Cream together one-half cupful of butter and one cupful of sugar. Add two egg-yolks well beaten. Sift together one and one-half cupfuls of pastry flour, two and one-half teaspoonfuls of baking-powder, and one-fourth teaspoonful of salt, and add to the mixture alternately with one-half cupful of milk. Beat two egg-whites until stiff and fold in carefully together with one-fourth teaspoonful of orange extract and one-fourth teaspoonful of vanilla extract. Bake either in a loaf pan at 350 F. for forty-five minutes or in cup-cake pans at 375 F. for thirty minutes.

OLD RECIPE FOR WEDDING CAKE

One cupful each sugar, butter and molasses, one cupful home-made jelly or strawberry preserves; one cupful butter-milk, one-half cupful strong coffee; two eggs, one grated nutmeg, two teaspoonfuls cinnamon, one teaspoonful cloves; two teaspoonfuls saleratus (dissolved in one-half cup boiling water); two pounds raisins; one pound cleaned currants; one pound chopped candied fruit (lemon, orange, citron); six cupfuls flour (measured before sifting).

Mix the fruit thoroughly in the flour. Cream butter and sugar, add the eggs, milk, and coffee, then the flour containing the fruit. Beat thoroughly and add the spices.

Turn into well-buttered pans and bake at least one hour in a slow oven.

WEDDING CAKE No. 2

This cake can be baked only, or steamed and then baked. The steaming seems to make it richer. To mix it cream two cups of butter, add two cups of sugar gradually, and beat thoroughly. Separate the yolks and whites of six eggs, beat the yolks until thick and lemon colored, and the whites until stiff and dry, and add to the sugar and butter. Mix and sift four cups flour, two teaspoons cinnamon, three-quarters teaspoon each nutmeg, allspice and mace, reserve one-third cup with which to dredge the fruit, then add the rest to the sugar and butter mixture. Seed and cut into small pieces two and a half pounds raisins, half a pound currants, slice very thin and cut into strips one pound citron, chop finely one pound figs and one pound almonds, dredge with the one-third cup of flour that was kept, and add to the cake, with two tablespoons lemon juice and a quarter of a cup of grape-juice. Mix well, pour into deep buttered pans, cover the top with oiled paper and steam three hours, then bake one and a half hours in a slow oven. Or bake four hours in a slow oven.

WEDDING CAKE No. 3

Wash and dry two pounds of currants and two and a half pounds of seeded raisins. Cut one pound of citron in small shreds, mix, and dust with half a cupful of flour. Warm one and a half cups butter and two cups sugar and beat to a cream. Add the yolks of six eggs beaten until thick and lemon colored, and the whites beaten until stiff and dry. Add three and a half cups flour, one grated nutmeg, one teaspoon cinnamon, a quarter of a cup of hot water, the fruit prepared as above, and the juice and grated rind of one lemon. Line a large pan with buttered paper and wrap another paper around the outside and tie it with twine. Bake the cake about three hours. This cake should be made a week or two before it is to be used.

Wedding cakes usually have two icings—next to the cake a thick almond icing and on top of this an ordinary sugar icing, which may be ornamented or not, as desired.

MAPLE SUGAR COOKIES

One cupful each of sugar, crushed maple sugar and butter, two well-beaten eggs, two tablespoonfuls of water, two teaspoonfuls of baking powder, and flour enough to roll out. The dough should be quite soft. Cut with a small cookie cutter, and bake in a quick oven.

SOFT COOKIES

Half a cup butter, one cup of sugar, one egg, beaten light, half a cup milk, three cups flour, three level teaspoons baking powder. Cream the butter; beat in the sugar, add the egg, the milk and the flour sifted again with the baking powder. Take a little of the dough on the board, and handle as little as possible, more flour may be needed. Roll in a sheet about one-fourth an inch thick. Cut in rounds, set in baking pan, and dredge with sugar. Bake in a quick oven.

SAND COOKIES

Mix two cups of sugar with a generous cup of butter and two beaten eggs. Add enough flour to make a very stiff dough mixing with the first half-cup two teaspoons baking powder. Roll, cut, brush with white of egg and sprinkle with granulated sugar. A little cinnamon and a split almond on the top of each add to appearance and taste.

HERMITS

One and a half cups sugar, three eggs, one cup melted butter or other fat, three cups flour, one teaspoon baking powder, one teaspoon salt, one teaspoon cinnamon one teaspoon allspice, one teaspoon cloves, one teaspoon nutmeg, one-half teaspoon soda, one and a half cups seeded raisins.

Add sugar and eggs to melted butter. Beat well. Sift flour, baking powder, salt, spices and soda together. Add to butter mixture and mix well. Add floured raisins. Drop by teaspoon on greased pan and bake in moderate oven until brown—about twenty to twenty-five minutes. This makes about thirty-six hermits.

OATMEAL DROP CAKES

Cream together three-quarters of a cup of any preferred shortening and one cup of light brown sugar. Add two eggs, lightly beaten, four tablespoons of sweet milk, two cups of oatmeal (rolled oats), one cup of flour, one teaspoon of baking soda half a teaspoon of ground cinnamon, one-quarter of a teaspoon of ground cloves, one cup of seeded raisins and half a cup of chopped meats. Beat the batter vigorously and drop from a spoon upon a greased baking sheet. Bake until crisp and brown. If the mixture spreads too much in baking, add a little more flour.

ROLLED OAT COOKIES

One and a half cups brown sugar, half cup lard, half cup butter, six tablespoons of sweet milk, one teaspoon soda, one teaspoon cinnamon, one tablespoon cloves, one cup chopped raisins, three cups rolled oats, two cups flour, two eggs, well beaten. Do not roll but drop into a floured tin to bake.

PEANUT COOKIES

Two tablespoons of butter, creamed with one-fourth cup of sugar. Add one-half cup of flour, mixed with one teaspoon of baking powder, one-fourth teaspoon of salt. At the last add one teaspoon of lemon juice and one-half cup of finely chopped peanuts. Drop by the spoonful onto greased pans one inch apart. Put half a peanut on top of each.

SCOTCH WAFERS

One-half cup of fine oatmeal, one-half cup of rolled oats, one cup of flour, two tablespoons of sugar, one-half teaspoon of salt and one-fourth teaspoon of soda. Add two tablespoons of melted butter to four tablespoons of hot water and stir into the previous mixture. Toss on to a floured board, pat and roll as thin as possible. Dip a cutter in flour and cut the wafers. Bake on buttered sheet.

WHITE CAKE

One-quarter cup butter, one cup sugar, one-half cup milk, two and one-half teaspoons baking powder, two egg whites, one and one-half cups flour. Cream butter, add sugar, and beat until well mixed. Sift together flour and baking powder, and add alternately with milk, to first mixture. Fold in stiffly beaten whites, bake in layer cake pans in moderate oven.

ONE-EGG CAKE

One quarter cup shortening, one-half cup sugar, one egg, one-half cup milk, one cup pastry flour, three-eighths cup rice flour, two and one-half teaspoons baking powder, almond extract. Mix the moist ingredients together and the dry ingredients together and combine. Pour in oiled tin and bake.

ANGEL FOOD

One cup white of eggs, one teaspoon cream of tartar, one and one-quarter cups sugar, three-quarters cup flour, one-quarter teaspoon salt, one and one-half teaspoons vanilla. Beat whites of eggs until stiff, adding cream of tartar when half beaten. Add sugar gradually and beat until sugar is dissolved. Fold in flour and salt sifted four times and add vanilla. Bake forty to forty-five minutes in a moderate oven.

SPICE CAKE

One-half cup fat, seven-eighths cup sugar, two eggs, one-half cup milk, one and three-quarters cup flour, three teaspoons baking powder, three quarters teaspoon cinnamon, one-quarter teaspoon cloves. Cream butter and sugar, add yolks of eggs. Mix and sift dry ingredients. Add to butter, egg and sugar mixture alternately with milk. Fold in whites of eggs beaten stiff. Bake in layers.

GOLD CAKE

One-quarter cupful fat, one-half cupful sugar, yolks of five eggs, one-quarter cupful milk, seven-eighths cupful flour, one and one-half teaspoon baking-powder, one teaspoonful orange extract. Cream the butter, add sugar gradually and yolks of eggs beaten until thick and lemon-colored, add extract. Mix and sift flour and baking-powder and add alternately with milk to first mixture.

BRIDE'S CAKE

One-half cupful fat, one and one-half cupfuls sugar, one-half cupful milk, one-half teaspoonful almond extract, two and one-half cupfuls flour, three teaspoonfuls baking-powder, one-quarter teaspoonful cream of tartar, whites of six eggs. Cream the butter; add sugar gradually, and continue beating. Mix and sift the flour, baking-powder and cream of tartar, and add al-

ternately with the milk to the first mixture. Add extract. Beat about forty-five minutes.

Bake ring, thimble and coin in cake. Ice with white icing flavored with almond or rose.

ICINGS AND FILLINGS

BOILED FROSTING

One cup of granulated sugar, one-third cup of water, white of one egg. Boil the sugar and water without stirring until it hairs or threads when tried. It will take about six minutes. When the sugar begins to boil beat the white of the egg stiff, and when sugar has boiled to the right degree pour it slowly on the beaten white, beating all the time. Beat till stiff enough to put on the cake. An ounce or one square of chocolate may be melted over the teakettle and added during the beating.

BOILED CREAM FROSTING

Two cups granulated sugar, three-fourths cup of cream. Boil fifteen minutes, beat until thick, spread on the cake while warm. This is not as white as an egg frosting, but it is suitable for a dark cake, such as coffee cake. If cream is not at hand milk can be used, adding a tablespoonful of butter.

MOCHA FROSTING

One tablespoon butter, one tablespoon cocoa, one cup confectioners' sugar, two tablespoons strong coffee, one-half teaspoon vanilla, one-half cup chopped, seeded raisins. Cream butter, cocoa and sugar. Add coffee and vanilla and mix until smooth. Add raisins and spread on hot or cold cake.

BOILED ICING

Use a double boiler, have water boiling fast in lower part. Into upper part put one scant cup of granulated sugar, three tablespoons cold water, and the unbeaten white of one egg. While the mixture is on the stove beat it with a Dover egg beater for exactly seven minutes; take off the stove, beat with a spoon one minute. Spread on the cake.

CREAM FROSTING

One-half cup cream, one and one-half cups confectioners' sugar, one-half teaspoon melted butter, one teaspoon vanilla. Suitable for Devil's Food, Fruit, and Marble Cake.

COFFEE FROSTING

One-half cup strained coffee, one and one-half cups granulated sugar, one tablespoon thick cream. Boil until soft on spoon, then beat thoroughly until smooth, spread. Suitable for White, Gold, or Apple Sauce Cakes.

BROWN SUGAR FROSTING

Sprinkle the top of each layer with brown sugar before baking. The sugar will melt in and form its own filling and icing. A little cinnamon and a few currants may be added if desired.

Successful with plain White Layer, Spice, or Yellow Cake.

BANANA FILLING

Two ripe bananas, scraped and mashed, one tablespoon lemon juice, two tablespoons powdered sugar, one-half cup candied orange peel. Whip well and spread.

HONEY FROSTING

One and one-half cups granulated sugar, one-half cupful honey, one-half cupful hot water, two egg whites. Boil sugar and water together until it will thread. Add the honey slowly, and remove from the fire. Have the whites of the eggs beaten stiff. Pour over them slowly the sirup, beating continuously until it holds its shape. Heap over the cake, drawing in a whirl with a fork.

MARSHMALLOW FROSTING

One cupful sugar, one-quarter pound marshmallows, one-third cupful milk, three tablespoonfuls hot water, one-half tablespoonful vanilla. Stir sugar into milk, boil slowly eight minutes. Cut up marshmallows, pour water over them, cook mixture slowly until smooth; then add slowly the sugar sirup, stirring all the time. Beat until smooth and of spreading consistency. Add vanilla. This may be used either as a filling or as a frosting or both.

FIG FILLING

One-half pound figs chopped fine, one-third tablespoonful lemon juice, one-half cupful sugar. Mix the ingredients and cook in a double boiler until thick enough to spread. Use while warm. This is also good as a sandwich filling.

CHOCOLATE FROSTING

Two squares of unsweetened chocolate melted over hot water. Add one teaspoon of butter and three tablespoons of boiling water. Stir in confectioners (icing) sugar to make thick enough to spread easily. Flavor with vanilla. Remember, the frosting thickens when cold.

CARAMEL FROSTING

One and one-fourth cups of brown sugar, one-fourth cup of white sugar, one-third cup of boiling water. Cook to the thread stage and pour over two egg whites beaten stiff. Beat till it holds its shape. It may be necessary to put over hot water and finish beating. Add one teaspoon of vanilla and one cup of walnut meats chopped fine. Pour on to the cake and spread with the back of the spoon to make a rough, uneven surface.

WAYS OF USING SOUR MILK

Buttermilk, in its strict technical sense, is what is left when sour cream has been churned into butter. It consists of a small percentage of fat that has not been included in the butter, all the milk which was taken up when the cream was lifted and a noticeable amount of liquid which includes some whey belonging to the sour cream and milk, but more of water used in washing down the churn and dasher in order to collect the butter. The collection of fat whey and soured milk has a pleasantly acid taste due to the action of the lactic acid bacteria.

Once the taste for soured milk is acquired one never tires of it as a steady food. No better lunch is to be found than a glass of rich buttermilk slightly salted and a crisp, dry soda cracker. It is ideal for those who are compelled to rise early and partake of a scanty or hurried breakfast. If first class and perfectly fresh buttermilk is not to be had it will be found that whole milk allowed to sour is exactly as palatable and beneficial as buttermilk. Many who can have either prefer the soured milk. Keep it closely covered while sweet. By the third morning it should be a solid mass without any sign of whey until the mass is disturbed. The mass should separate with a clean sharp cleavage. Pour out the portion needed, beat it well, add salt and drink slowly. Regular and systematic use of sour milk is better than taking pills and nostrums.

It is not theory but demonstrated fact that the lactic acid bacteria destroy the germs of dysentery, typhoid, diphtheria and cholera. Because buttermilk has taken a long time to sour it has developed besides the lactic acid a number of other bacteria not desirable, therefore the verdict is in favor of milk which has soured quickly and which was previously pasteurized. It goes without saying that all milk should come from healthy cows in model dairies. One reassuring fact remains and that is that buttermilk is not at all likely to be a carrier of disease.

COTTAGE CHEESE

Use thick freshly soured milk that has just formed a firm clabber. Turn it into a stout muslin bag, tie a heavy cord around the opening and hang the bag where it can drip for twelve hours or longer. When the whey has drained out turn the curd into a bowl and cut it into fine bits. Add salt, pepper and enough cream to make the mass smooth and moist but not wet.

COTTAGE CHEESE BY HEATING

Instead of turning the clabber milk into a bag at once set the vessel containing it over very hot but not boiling water. Watch it closely and as soon as the mass begins to leave the sides of the vessel and a tiny rim of whey appears turn the milk into a bag and let it drip as previously directed.

Many form the dry seasoned curd into little flat circular cakes with a few caraway seeds in each. These cakes finally develop

a clear leathery coating and become quite dry inside. Their flavor changes from that of the fresh cheese but is much liked by many.

COTTAGE CHEESE WITH JUNKET

Dissolve a junket tablet or as much as is needed for the amount of milk used. Add to sweet milk which has been very carefully heated to a luke-warm temperature. It is absolutely necessary that this temperature shall be secured and not exceeded. Cooling the milk to reduce the temperature above luke-warm is useless as a certain chemical change has taken place which prevents the junket from acting. Allow the milk, with junket added, to stand absolutely undisturbed until it has formed into a solid mass like clabber.

When that stage is reached, turn the mass into a stout bag and allow to drip as directed for cottage cheese. Season with pepper, salt and cream when the curd is sufficiently dry. This cheese is very delicate as the milk is partly digested by the junket.

COTTAGE CHEESE PIE

Place one quart of buttermilk in a pan and heat gently. Let cool, then turn into a piece of cheese-cloth and let drain for two hours. Measure one and a half cups whey and place in a saucepan, adding six tablespoons of cornstarch. Stir to dissolve, then bring to boil and cook five minutes. Add one cup sugar, yolks of two eggs, grated rind of one-half lemon, one teaspoon nutmeg, half teaspoon vanilla; also add the prepared cheese that has been draining in the cheese cloth. Beat very hard with the egg-beater to thoroughly blend. Pour into pans lined with plain pastry and bake for forty-five minutes in a moderate oven. Dust top of pie with nutmeg or cinnamon before placing in the oven.

CREAM CHEESE

Tie up a pint of cream in a wet cloth, stirring a teaspoonful of salt into it. Hang it in a cool, airy place for three or four days to drain. Then turn it into a clean cloth, which must be put into a mold and under a weight for about twenty-four hours longer, when the cream cheese will be fit to use.

WAYS OF USING CREAM CHEESE

For luncheon or tea, heat soda wafers brushed with melted butter and serve the cottage cheese and any tart jam of attractive color, such as gooseberry, raspberry or strawberry jam.

Form into balls the size of marbles after seasoning the cheese nicely with salt, pepper and cream and working in a few minced olives or a combination of sweet green peppers and pimento finely minced. Serve on lettuce hearts or as a garnish to pineapple or pear salad with toasted crackers.

Either of the mixtures suggested is a very satisfactory filling for brown bread sandwiches—either the Graham bread, known as brown bread in many localities, or the genuine Boston brown bread. Spread the sandwiches first with fresh, salted butter.

"CLABBER" MILK AS DESSERT

When pure milk has formed into a solid curd like blanc mange and shows no whey it is just right for serving as a dessert. Lift carefully by large spoonfuls into saucers. Some of the whey will separate at once and should be used. Let each person serve himself to sugar and a tiny bit of grated nutmeg. If sweet cream is to be had a small portion may be added to each serving. This is superior food and is also delicious in taste.

SOUR CREAM SAUCE FOR APPLE DUMPLINGS

Add a small amount of powdered sugar to sour cream that has just formed a firm curd. Grate nutmeg over the top and serve as a sauce with apple dumplings.

BUTTERMILK CAKE FROSTING

Put three-fourths of a cupful of buttermilk into a granite-ware saucepan and add three-fourths of a cupful of sugar. Bring the mixture to the boiling point, and let it boil until it forms a soft ball when tried in cold water. Remove from the fire, and beat until it becomes thick and is of the right consistency to spread.

SOUR MILK DOUGHNUTS

One cup sugar, two eggs, three-quarters cup sour milk, two tablespoons melted butter, one teaspoon soda, one teaspoon salt, one teaspoon baking powder, one-half teaspoon grated nutmeg, flour. Mix ingredients in order given, shape, fry and drain.

BUTTERMILK BREAD

Scald and let cool two cups buttermilk. Put through sieve to break up large curds, then turn into mixing bowl and add four tablespoons sugar, one tablespoon salt, four tablespoons shortening, one yeast cake dissolved in half a cup of water. Beat hard to mix, add eight cups flour and work to a smooth dough. Grease a bowl and place the dough in it. Turn the dough over to thoroughly coat with the shortening. Cover and let rise overnight. Early in the morning punch down well and leave for an hour. Place on moulding board and divide into loaves. Form into loaves, place in well-greased pans and let rise for an hour. Bake in a moderate oven for forty minutes. It is important that the temperature of the scalded and cooled buttermilk should be about 70 degrees Fahrenheit.

BUTTERMILK PANCAKES

Place in a mixing bowl one and-a-half cups buttermilk, two tablespoons syrup one tablespoon shortening, one teaspoon baking soda, one teaspoon salt. Beat this to mix then add one cup whole-wheat

flour, half a cup cornmeal, and one teaspoon baking powder. Beat to mix, then cook as usual.

BUTTERMILK CURD

First pour the buttermilk into a bag made like a pillow case of cloth closely woven, and let drain over night. In the morning empty contents into a bag made of a thinner cloth than the first, loosely woven. In the first bag the curd will be much firmer all around inside of cloth, very soft and thin in middle. It must be scraped off the bag with silver knife or spoon and well-mixed before hanging up the second bag. The creamy curd is always served in a glass dish in Holland, upon the supper table and well repays the trouble taken.

BUTTERMILK JELLY

Heat one quart of fresh buttermilk in a granite kettle, stirring occasionally to avoid curdling in lumps. Mix in it enough rice flour (previously moistened) to make a soft mush. Beat in the yolk of an egg while hot, two tablespoonsful of sugar and pour into moulds. Serve cold with cream.

BUTTERMILK SOUP

This is extremely nourishing and is a national dish in Sweden, Denmark, Norway and Germany. It may be served either hot or cold and is especially refreshing in summer. Put on to boil three pints of fresh buttermilk, stirring into it a large tablespoonful of rice flour, add the rind of half a lemon sliced thin, and sweeten to taste. Stir steadily till it comes to the boil, when it should be about the thickness of good cream and quite smooth. Take out the lemon rind.

BUTTERMILK CORN BREAD

Take one and one-fourth pints each of buttermilk and sweet milk, one-half pint of molasses, one teaspoonful of soda, two rounded teaspoonfuls cream of tartar, one even teaspoonful salt, one and one-fourth pints each of cornmeal and flour, mix well and put on range over cold water, bring water to a boil and keep boiling constantly for three hours. Serve hot.

JOHNNY CAKE (SOUR MILK)

This is excellent for luncheon or supper and is slightly but not unpleasantly sweet.

One cup yellow cornmeal, one cup white flour, one cup sugar, two teaspoons salt, one-half teaspoon soda, one cup sour cream, three tablespoons butter, two eggs (unbeaten.)

Mix dry ingredients, add eggs and cream. Beat thoroughly. Bake in a large pan about twenty-five minutes.

This amount makes a large cake. When the family consists of only two or three, divide the recipe and use a smaller pan.

JOHNNY CAKE (SOUR CREAM)

One cup flour, one-half cup cornmeal, one tablespoon sugar, one teaspoon salt, three-fourths teaspoon soda, one tablespoon butter or lard, one and one-fourth cups sour milk. Sift dry ingredients, add sour milk and butter melted. Beat until perfectly smooth. Pour into a greased pan and bake twenty-five minutes in a quick oven.

BAKED BROWN BREAD

One-half cup sugar, one-half cup molasses, two cups sour milk, three cups graham flour (sifted), one and one-half teaspoons soda, one teaspoon salt, one cup flour.

Mix dry ingredients, add molasses and milk. Beat thoroughly. This is an economical, delicious bread. It calls for no butter or eggs. Bake from forty to sixty minutes in slow oven. Raisins or nuts may be added to this mixture.

ANOTHER BROWN BREAD

Two cups sour milk, one-half cup of molasses, one teaspoon soda, stirred into the molasses, a few grains of salt, three cups graham flour, two teaspoons of baking powder. Bake one hour.

SODA BISCUITS

Mix two cups flour, two teaspoons baking powder and one-half teaspoon salt. With the tips of the fingers work into the flour two tablespoons butter or one tablespoon each butter and lard.

Stir one-half teaspoon of soda into enough sour milk to make the dough just stiff enough to handle, which will be about one cup. The dough can be left very soft if the board is well floured. Roll the dough out quickly one-half inch thick and cut into small rounds. Bake in a quick oven fifteen to twenty minutes.

SOUR MILK GRIDDLE CAKES

One egg, well beaten; one cup sour milk, one-half teaspoon soda, one-quarter teaspoon salt, one and one quarter cups flour, one teaspoon of baking powder. Mix dry ingredients; add sour milk and egg. Beat thoroughly. Drop by spoonfuls on hot griddle; cook on one side. When puffed, full of bubbles and cooked on edges, turn and cook other side.

HERMITS

Two eggs, three-fourths cup sugar, one-half cup butter and lard, mixed, one-fourth cup thick sour milk or cream, with one-half teaspoon of soda stirred in, one and one-fourth cups flour, one teaspoon of baking powder, one teaspoon cinnamon, one-fourth teaspoon nutmeg, one-half cup raisins, cut in pieces; six walnuts, chopped.

Beat eggs until light, add sugar and beat again; add melted butter and lard and then sour milk, flour, spices, fruit and nuts. Drop from a teaspoon and bake in a moderately hot oven. Let mixture stand for a few minutes and it will stiffen. Have the mixture as soft as possible, as the tenderness of the cookies depends upon that.

EGGLESS CAKE

One cup sugar, one-half cup butter. Cream together. Add one cup sour milk, one cup dry cocoa, one teaspoon soda, a few grains of salt and one teaspoon vanilla. Mix enough sifted flour to make stiff batter.

In all recipes calling for buttermilk sour milk can be used in the same amount and with same leavening agents.

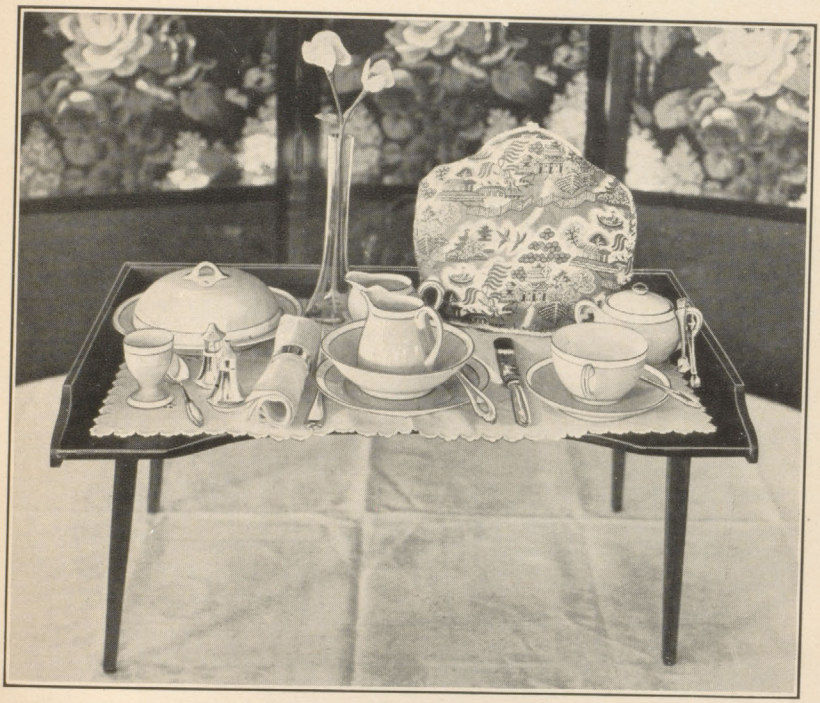
DEVONSHIRE CLOTTED CREAM

Strain the milk into pans wider at the top than at the bottom and about six inches deep by twenty inches across. Do not fill the pans more than three-fourths full as the cream must not be disturbed in carrying to or from the stove. Set in a cool place for twenty-four hours in winter and twelve in summer. At the end of that time carry the pan very carefully to the stove for scalding.

This part of the process is most important. If the cream becomes hot the curd will be tough, less cream will rise for skimming and the butter will be poor in quality and short in amount. *The cream must not even reach simmering temperature.* If the back of the range is just warm to the hand the pan may safely be set there. The safest way is to set the pan over a vessel containing hot, but not boiling water. If the milk pan fits closely over the top of this vessel or if it extends into the water instead of being above it there will be a difference in the time needed for scalding the cream and also in the temperature. Every point must be watched by the one who would be successful in making this delicious dish. There are two signs by which one can tell when the scalding is accomplished. One is the appearance of a ring on the surface of the cream. This is the size of the bottom of the pan. At the same time the surface of the cream becomes slightly wrinkled.

As soon as these signs appear remove the pan very carefully without shaking, to a cool place and let it stand over night or for twelve hours.

At the end of that time the cream may be lifted carefully into a bowl by means of a skimmer. The milk left in the pan is delicious for drinking or cooking. The cream is ready for table use over berries or for butter making. Scalding should be done every two days as both cream and butter lose flavor by ripening. It is the scalding that gives the flavor to Devonshire cream therefore the process must be conducted very carefully—for a long time and below simmering temperature. This cream can be whipped but will soon turn into butter and it will also lose what is to most of us its characteristic charm—the rich clotted appearance.



An invalid's tray set for serving breakfast. Blue china with bands of white, gilt-edged, and a Japanese printed tea-cosy hiding a tiny tea-pot, make a dainty showing. The tray-cloth is an exquisite example of Madeira embroidery. To carry the tray the legs fold under and are easily set into position again to form a little table on the bed. The in-curved front of the tray and raised rim at back and sides conduce to the comfort of the user and to the safety of the dishes.

MACDONALD COLLEGE LIBRARY

DEVONSHIRE BUTTER

Prepare clotted cream exactly as directed. Skim off into an earthen glazed crock or a wooden tub. Whatever utensil is used must be kept for that purpose alone, and must be thoroughly scalded and then rinsed in cold water each time before using. The cream may be worked with the hand, palm down, and moved round and round or by a flat wooden paddle (kept exclusively for butter making). If one can secure a stout bottle perfectly whole and smooth and the right shape it makes a good utensil with the advantage that it can be filled with pounded ice or cold water in summer or with warm water in winter.

If the hand is used it must be washed thoroughly with soap then soaked in hot water until all trace of soap has disappeared after which it must be held in cold water until cool. Many hands are naturally too hot for butter making and since a quart of cream is all that can be worked well at one time the paddle seems to be entirely satisfactory. The butter comes in a very short time and must be used at once.

A DEVONSHIRE BUTTER CHURN

Get any ordinary candy-pail from a grocer or from a candy store and have a carpenter tighten up the hoops and secure them with a few tacks; then have him saw round about seven inches from the bottom edge, cutting all the staves except one which he must leave to make the handle. The rough edges must be smoothed, and the handle shaped as desired.

CHEESE DISHES

Cheese is an excellent food and should be a regular article of diet. It not only furnishes nourishment in the form of available fat but also contains ferments which are powerful aids to digestion. Since cheese is a concentrated food it should not be eaten in excessive quantities. Two or three cheese sandwiches furnish enough nutriment for a light meal. A small square of cheese should accompany pie or doughnuts or any heavy food.

It is best to avoid cooking cheese whenever possible, although there are ways of combining it with other materials whereby the cheese will not be over-cooked and thereby rendered highly indigestible. The usual method of preparing macaroni and cheese is objectionable on account overcooked cheese.

MACARONI AND CHEESE WITH TOMATOES

Break the macaroni in two-inch lengths and cook in plenty of boiling salted water. The water must be boiling when the macaroni is added and there should be more than enough to

cover. Keep up a rapid boiling and the generous supply of water. Macaroni increases in bulk when well cooked, taking up three times its amount in water. Therefore allow for this in measuring the dry macaroni and in supplying the water.

It is almost impossible to cook macaroni too long. The usual half hour allowance of the average recipe is a mere beginning. An hour of boiling is much better. At the end of that time drain and put into a buttered baking dish with layers of tomatoes nicely seasoned. Add tomato juice and butter. Instead of whole tomatoes a good tomato sauce may be used. Bake in the oven for half an hour and pass grated cheese to be used dry over the macaroni.

MACARONI WITH WHITE SAUCE

Cook the macaroni as directed and allow the water to boil down at least half after the half hour. Fill up with milk and finish the cooking with milk. At the last make a good white sauce and add to the macaroni. Pass grated cheese with the macaroni.

BOILED MACARONI

If macaroni is cooked in milk for an hour or more and allowed to cook down almost dry it is quite as delicious as when finished off in the oven.

Macaroni with cheese or white or tomato sauce is sufficient as the main dish for luncheon or supper. Without the cheese it takes the place of potatoes, with fish.

SCALLOPED RICE AND TOMATOES WITH CHEESE

Wash rice in a strainer till the water runs clear. Have ready a large sauce pan with plenty of boiling water. Put the rice in slowly in order to keep the boiling point and allow to cook rapidly until the grains are almost soft. Butter a baking dish and fill with alternate layers of rice and tomatoes. Season with salt and butter. Add either rice water or tomato juice and bake until the rice is quite soft. Pass grated cheese with the rice.

TURKISH PILAF

When properly prepared each grain of rice will be separate from the others and of a beautiful coral pink. Boil the rice as directed for scalloped rice. If the water boils rapidly all the time and is in sufficient quantity, the grains should not pack together. When necessary, lift with a fork, never stir with a spoon.

Have ready a highly-seasoned tomato sauce. When the rice is almost tender drain carefully and add enough sauce to cover the rice. Finish cooking without stirring. Turn into the serving dish and pass grated cheese when serving.

BAKED EGGS WITH CHEESE

Four eggs, one cup grated cheese, one cup fine stale bread-crumbs, quarter teaspoon salt, a few grains of cayenne pepper. Break the eggs into a buttered baking dish and cook in hot oven until they begin to turn white around the edge. Cover with the mixture of crumbs, cheese, and seasonings. Brown in a very hot oven. If the oven is not very hot the egg will be too much cooked by the time the cheese is brown. To avoid this the eggs may be covered with white sauce before the mixture is added. The amount of cheese may be increased or lessened according to taste. As given here the dish has a high food value.

CELERY AND CHEESE

Cook celery until tender in boiling salted water; mix with a white sauce and a generous sprinkling of grated cheese, adding bread crumbs or a little cornstarch for thickening. Cover with buttered crumbs and brown in a hot oven.

CHEESE LOAF

Soak one pint of bread crumbs in one-half pint of milk for five minutes; then whip to a light paste and add one-half pint of grated cheese, half teaspoonful salt, one-fourth teaspoon pepper, and then fold in the stiffly beaten whites of four eggs. Pour into a greased dish and set in a pan of warm water in a moderate oven to bake about thirty minutes or until the mixture is puffed high and delicately browned. Serve immediately it is done. Tomato sauce goes nicely with this.

ENGLISH MONKEY

Soak one cup of bread crumbs in one cup of cold milk for fifteen minutes. Melt one tablespoon of butter and add one-half cup of soft, mild cheese cut into small pieces. Stir till the cheese is melted and then add the bread crumbs. Mix well and add one egg slightly beaten, one half teaspoon of salt, a few grains of cayenne and a salt spoon of dry mustard. When the custard is set pour over hot toasted crackers.

CHEESE TIMBALES

To three-fourths of a cup of water add four eggs slightly beaten. Stir till well blended then add one-third cup of cream, two and a half tablespoons of melted butter, three tablespoons of grated cheese, one-half teaspoon of salt, one-eighth teaspoon of pepper, a few grains of cayenne and a few drops of onion juice. Turn the mixture into buttered molds or tiny cups, set in a pan of hot water and bake till firm. Have ready rounds of bread toasted and buttered. Turn each mold onto a round of toast and pour tomato sauce around.

LUNCHEON CHEESE

Cut bread into slices one-third of an inch thick. Remove the crusts, spread the slices with butter and cut the slices into strips as wide as your finger. Butter a baking dish and stand the fingers on end around the dish, touching closely. Cover the bottom of the dish also. The fingers should come above the top of the dish.

Have ready one cup of milk and two eggs well beaten. Add one tablespoon of melted butter, one teaspoon of salt, one-half teaspoon of mustard, a few grains of cayenne, and half a pound of cheese cut into fine dice. Pour this mixture into the dish and bake in a moderate oven thirty minutes. Serve very hot.

CHEESE CROQUETTES

The success of this dish depends on the white sauce mixture. This must be thoroughly cooked and very firm. Melt three tablespoons of butter, add one-third cup of flour. When well blended add, gradually, one cup of milk. Stir constantly and cook for ten minutes. It should be quite thick by that time. Beat the yolks of two eggs well and dilute with two tablespoons of cream. Add one-half teaspoon of salt, half a salt spoon of dry mustard and a few grains of cayenne. Add the egg mixture to the sauce, beating well. Fold in one-half pound of cheese cut in small dice.

Turn the mixture into a tin or dish that will allow the sheet to be about two inches thick and to be cut into squares or finger shaped pieces. Chill thoroughly, cut, dip in egg and crumbs and fry in deep fat hot enough to brown the croquettes before they soften.

CHEESE EGGS

Poach four eggs and serve on small squares of buttered toast. Cut up two ounces of cheese, put it in a saucepan with half a pint of milk and cayenne pepper and salt, and stir over the fire till smooth. Pour over the eggs and serve very hot.

LEFT-OVER POTATOES AND CHEESE

Put about two tablespoons of grated cheese and an egg beaten up into the left-over potatoes (mashed) and fry them in spoonfuls in a hot pan.

TOMATOES AND MACARONI

Add a tin or part of one of tomatoes to macaroni that has been partly boiled and sprinkle the top with bread crumbs, and bake half an hour. This makes a very good supper dish.

TOMATOES AND CHEESE ON TOAST

Take half a pound of ripe tomatoes, cut into small pieces and place in a saucepan in which has been melted a small piece of butter. Cook gently for ten minutes, then add two ounces of

finely grated cheese and cook for five more minutes. Serve on toast cut in finger lengths.

WELSH RAREBIT

Melt one tablespoon of butter, add one pound of stale or rather firm cheese. Stir till melted, add the beaten yolks of two eggs and one-half cup of cream. When smooth and beginning to thicken finish cooking over water. Toast bread on one side and pour the cheese mixture on the untoasted side.

BREAD STICKS AND CHEESE

Cut rather stale bread into finger strips free from crust. Brush tops with melted butter, cover with grated cheese and toast a delicate brown in a moderate oven.

SAUCES FOR MEAT, FISH, OR FOWL

HORSE RADISH SAUCE

For hot or cold beef. Mix together four tablespoons of freshly grated horse radish, one-half teaspoon of salt, one-half saltspoon of pepper, one-half teaspoon of made mustard, one-half teaspoon of sugar and at the last fold in one-fourth cup of cream beaten very stiff.

MINT SAUCE

For roast lamb. To four tablespoons of minced mint leaves add one tablespoon of white sugar, one-fourth teaspoon of salt, six tablespoons of vinegar. Cover the mint with the sugar for an hour, add the salt to the vinegar and heat. Pour over the mint ten minutes before serving.

CAPER SAUCE

For boiled mutton. Cook together one-third cup of butter, three tablespoons of flour, one-half teaspoon of salt and one and a half cups of mutton broth. Add to broth gradually, stirring constantly to keep smooth. When done, add one-half cup of capers, well drained.

No. 2.—Add two or three tablespoons of capers to a drawn butter sauce with a little lemon juice.

ROAST LAMB GRAVY

Leave three tablespoons of fat in the pan in which the lamb was roasted. Heat well, add three tablespoons of flour and mix well Stir on top of the stove until nicely browned. Add two cups of warm water, gradually, stir to keep smooth. If necessary, pass through a sieve but this should not be necessary.

GRAVY FOR CHICKEN

Add four tablespoons of flour to four tablespoons of hot, clear fat drained from the pan in which the chicken was roasted. Blend

well, cook till nicely browned stirring constantly. Pour in gradually two cups of broth in which the giblets were cooked. Cook till smooth.

CURRY SAUCE FOR FRICASSEED CHICKEN

Melt two tablespoons of butter and cut up fine two small onions. Cook slowly until yellow and soft. Lift the onions from the fat, add the tender fricasseed chicken (which has been drained from the liquor) and cook slowly for five minutes. Add two teaspoons of curry powder, mix well, add the liquor in which the chicken was stewed and cook for five minutes. Mix a tablespoon of flour with a little of the liquor and cook till thickened. Add to the curry, let it boil up once and then add the yolk of one egg well beaten. Serve at once with a border of hot boiled rice around the platter.

GRAVY FOR ROAST TURKEY

Boil in a separate pan the heart, liver, gizzard and neck of the turkey. When ready to make the gravy, chop the heart and gizzard very fine, mash the liver and put the neck away for hash. Skim off all the fat from the roasting pan, add the prepared material with flour enough to thicken the gravy. Brown nicely and add hot water or the giblet water, if needed.

CELERY SAUCE

Melt half a cup of butter, add two tablespoons of flour and when white and glistening add gradually two cups of hot milk, stirring to keep smooth. Three stalks of celery cleaned and chopped very fine and heated in the milk for fifteen minutes, can be added when the sauce is smooth.

TOMATO SAUCE

To serve with veal. Cook together two medium-sized tomatoes, one slice of onion minced very fine, one-half of a small bay leaf, two whole cloves, two peppercorns. When the onions are soft, press through a sieve and discard all that does not go through. Return the pulp to the sauce-pan, add a tablespoon of flour and mix well. Cook till slightly thick, add a tablespoon of butter and a teaspoon of salt. A half cup of rich cream with a tiny pinch of baking soda is a fine addition.

OYSTER SAUCE

Chop fine one pint of oysters and heat in their own liquor for five minutes. Rub together a tablespoonful each of flour and butter, add gradually a cup of hot milk and when well blended add to the oysters. Stir well, season with salt and pepper, bring to the boil and serve hot.

ORANGE SAUCE FOR DUCKS

To one and a half cups of brown gravy, add salt if needed and a few grains of cayenne, the juice of two oranges and the rind of one cut into fine bits, adding these just before serving.

WHITE SAUCES

THIN WHITE SAUCE, for thickening soups and gravies. Melt two tablespoons of butter without browning, add two tablespoons of flour and one-fourth teaspoon of salt. Cook slowly until white and glistening. Add gradually one cup of milk, stirring and cooking slowly to make smooth.

MEDIUM WHITE SAUCE. Use three tablespoons of flour and all other ingredients the same as for Thin White Sauce.

THICK WHITE SAUCE. For shaping croquettes. Prepare in the same way as Thin White Sauce but use two and a half tablespoons of butter, one-third cup of flour, one cup of milk, and one-fourth teaspoon of salt.

MAITRE D'HOTEL BUTTER

Cream three tablespoons of butter, add one teaspoon of lemon juice, working together well. Add one-half teaspoon of salt, one-eighth teaspoon of pepper and one-half tablespoon of finely minced parsley.

CORRECT SAUCES TO SERVE

Roast Beef—Brown gravy, horseradish sauce, mustard, sour pickles.

Roast Veal—Tomato sauce, mushroom or onion.

Roast Mutton—Mint or caper sauce.

Roast Lamb—Brown gravy, mint sauce.

Roast Pork—Apple sauce, mustard or cranberry sauce.

Corned Beef—Mustard.

Baked Ham—Mustard, horseradish sauce or sour pickles.

Roast Turkey—Cranberry sauce, brown giblet gravy, onion sauce, currant jelly.

Boiled Turkey—Oyster sauce.

Wild Duck—Cranberry sauce, drawn butter and lemon, currant jelly, apple sauce.

Domestic Duck—Orange sauce.

Chicken Fricassee—Curry gravy with boiled rice.

Roast Chicken—Brown gravy, currant or cranberry jelly, or spiced grape jelly.

Roast Goose—Apple sauce, cranberry sauce, green grape or currant jelly.

Broiled Steak—Maitre d'hotel sauce, melted butter or meat juice; water cress garnish.

Boiled Fish—Egg sauce.

Broiled Fish—Maitre d'hotel sauce, lemon and parsley garnish.

STUFFINGS AND DUMPLINGS

TURKEY DRESSING

Remove the brown crust from a pound loaf. Pour slightly warm water over the loaf and allow to stand for only a minute. Take a bit at a time and squeeze till quite dry. Break up lightly with your hand, sprinkle the mass with salt, pepper, savory, a tiny pinch of sage. Toss again to mix the seasoning. While tossing pour over it half a cup of melted butter. This makes an excellent dressing as it is. If liked, two teaspoons of finely-minced salted pork which is nicely striped with lean and has been parboiled will be found quite an addition. Sausage meat is liked by some but is not necessary if sausage links are used as a garnish.

Oyster dressing is not advisable because the oysters are unavoidably over-cooked. Oyster sauce is preferable.

DRESSING FOR ROAST GOOSE

To three pints of bread crumbs allow six ounces of butter or three ounces of butter and an equal amount of salt pork chopped very fine; one small onion chopped fine; pepper and salt.

DRESSING FOR LAMB

Remove the bone and fill the cavity with a dressing made of one cup of bread crumbs, one cup of butter, two tablespoons of boiling water, one teaspoon each of salt and thyme, and a sprinkle of pepper.

DUMPLINGS FOR FRICASSEE

Work two tablespoons of softened butter into one pound of bread dough. Cut into even balls and drop into the fricassee first adding a cup of water or milk to stop the boiling. Cover closely and cook for ten minutes without lifting the lid. If not done cook longer.

A soft baking powder dough, dropped by spoonfuls is also good using only one teaspoon of shortening.

Still another delicious dumpling is made by beating one egg till light, adding one-half teaspoon of salt, one teaspoon of melted butter, one-half cup of sweet milk, one-fourth cup of flour mixed with one teaspoon of baking powder. Add three-fourths of a cup of flour and beat well. More flour may be needed to make a stiff drop batter.

The liquid must be boiling and just stopped as the dumplings are added and then the boiling must be resumed again at once. The cover must be put on as soon as the dumplings are placed and not lifted for ten minutes. It may be necessary to cook the dumplings fifteen or twenty minutes.

STUFFING FOR PIGEONS

One cup of hot riced potatoes, one-fourth teaspoon of salt, one-eighth teaspoon of pepper, one-fourth teaspoon of marjoram, or summer savory, a few drops of onion juice, one tablespoon of butter, one-fourth cup of stale bread crumbs, moistened very slightly, one-fourth teaspoon of minced celery and the yolk of one egg.

CANDIES AND CANDIED PEELS

COCOANUT CANDY

Melt a dessertspoonful of butter in an enamel saucepan and add a half cup of milk, half cup of sugar, stirring in till sugar is dissolved. Let boil for twelve minutes, remove from fire and add one-third of a cup of grated cocoanut and half teaspoonful of vanilla. Beat to a cream and pour into a buttered pan.

HOME-MADE MILK CHOCOLATE

Powder an ounce of unsweetened chocolate and mix with a pound of castor sugar. Stir this to a smooth paste with a little cold milk, then add a very little more milk. Simmer this gently for five minutes, stirring all the time. Spread in layers or drop in small portions on to greased paper, to harden.

CHOCOLATE CARAMELS

Two tablespoons of butter, one-half cup of milk, one-half cup of sugar, one cup of molasses, four squares of chocolate, one cup of walnut meats broken in fine pieces. Put butter in a porcelain saucepan and when melted add milk, sugar and molasses. When these are at the boiling point add chocolate, finely grated and cook until brittle when tried in cold water. Stir often to prevent mixture from sticking to pan. Remove from the fire, beat slightly and then put in the nuts and two teaspoons of vanilla and turn into a buttered pan. When cold, cut in squares and wrap each in paraffin paper

CHOCOLATE SQUARES

One cup of sugar, one-quarter cake of chocolate, one-half cup of molasses, one-half cup of milk, one-half cup of butter. Mix this all together and boil it twenty minutes; cool it a very little and add one teaspoon of vanilla. Pour in pans and, when cool, mark off in squares.

CHOCOLATE CREAMS

Take two cups of white sugar, and one-half cup of water and cook rapidly for twenty minutes. Turn on a platter and with a large spoon stir until cold, when it will cream. Butter the fingers and work up into little balls, dip in melted chocolate set over a steamer and drop on buttered paper to harden.

CHOCOLATE PEPPERMINTS

Three cupfuls of granulated sugar, one cupful of hot water, one teaspoonful of cream of tartar; boil until it hairs. Take from the fire and add four drops of peppermint, beat as long as possible; drop on glazed paper and when cool melt four ounces of chocolate and dip the mints into this. Set on oiled paper to harden.

CHOCOLATE TOFFEE

One pound brown sugar, one gill milk (diluted condensed will do), one ounce butter, one teaspoon vanilla essence, one ounce unsweet-

ened chocolate. Boil all together for one quarter of an hour, and beat until it begins to crystalize; it should be soft and sugary. Dry cocoa may be used instead of the chocolate, if well mixed.

DIVINITY FUDGE

Two and a half cups white sugar, half cup of corn syrup, half cup water, whites two eggs. Boil the sugar, syrup and water until it forms a soft ball when dropped in cold water. Pour one-quarter cup over the beaten whites of two eggs. Let the rest boil until it hardens when dropped in cold water. Then pour it over the mixture and beat until creamy. Nuts, cherries and dates may be added, if desired. Let stand twelve hours before using.

SIMPLE MAPLE CANDIES

Put a pound of maple sugar and a pint of rich milk on the fire and let it cook till it makes a soft ball in cold water. Add a tablespoon of vanilla and a cupful of nuts. Pour out into greased tins to harden.

For another variety use the same ingredients, only, when removed from the fire, beat into a rich cream and drop with a tablespoon on oiled paper, in thick cakes.

MAPLE CREAM

Two cups maple sugar, one-half to two-thirds cup of milk, one-half teaspoon of butter.

Stir sugar and milk over the fire until sugar is dissolved. Then boil without stirring until the mixture will form a soft ball when dropped in cold water. Remove from fire, add butter and beat until thick and creamy. Pour into greased pan and mark in squares when nearly cool.

MOCHA CREAM FUDGE

Ingredients:—One cup coffee, two squares chocolate, four cups brown sugar, a quarter cup cream, one tablespoon vanilla. Method: Dissolve the chocolate in the coffee, add the sugar, and stir occasionally to keep from burning. When it will form a soft ball when dropped in water, add the cream and boil slowly until it will form a ball again. Add vanilla, then beat until beginning to harden, pour on to buttered platter, and mark in squares when cool.

MAPLE FUDGE

Ingredients: One cup grated maple sugar, two cups brown sugar, one cup cream, sweet or sour, and a pinch of soda. Method: Boil until a little dropped into cold water forms a soft ball, then beat until it begins to thicken, and pour quickly into buttered platter. Mark into squares when cool.

MARSHMALLOW CREME

Half a cup sugar, one dozen marshmallows, one egg white, a quarter cup water. Boil sugar and water to the consistency of a thin syrup, press marshmallows into the syrup, but do not stir. Beat egg white until stiff, add syrup gradually and beat until smooth.

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Another recipe is: One rounding teaspoonful gelatine, one and a quarter cups cold water, two cups fine granulated sugar, a few grains salt, one and a half teaspoons vanilla, one egg white. Soak the gelatine in a quarter cup cold water for five minutes. Put remaining water and sugar in a saucepan, bring to a boiling point and let boil until syrup will spin a thread when dropped from tip of spoon. Add soaked gelatine, let stand until partially cooled, then add flavoring and beat until mixture becomes white and thick. Whip white of egg until stiff, adding salt and fold into the marshmallow creme. Pour into glass jars and keep covered in a cool place.

MOLASSES CANDY

Measure one cup of light brown sugar and put in pan with two cups of cooking molasses, a tablespoon of vinegar and a lump of butter about the size of an egg. Boil without stirring until the syrup becomes brittle when dropped into ice water. Then pour in shallow, well greased pans and let it stand until it can be handled comfortably when the delicate part of the process begins. Confectioners make use of the big hook on which to hang the candy. To produce the same results, each portion should be worked by two people, one so holding the hands as to take the place of the hook, and the other throwing the candy over them and pulling it out, but taking care never to twist it. When too stiff to be worked further, stretch it out on a pastry board and break into pieces.

NUT CREAMS

Three cups of light brown sugar, white of two eggs, one cup of boiling water, one cup of chopped nuts, one teaspoon of vanilla. Boil the sugar and water, stirring and beating till the sugar is all dissolved; then let it boil without stirring till it spins a thread. Remove from the fire and let it stand on the table for just a moment to be sure it has stopped boiling then pour it over the stiff whites of the eggs, beating with a wire beater all the time; put in the vanilla while you are beating. When it is creamy and getting stiff, add the nuts, stir well, and spread on buttered paper. If you prefer, do not use vanilla, but almond flavoring, and add almonds instead of other nuts.

CREAMED DATES

Boil for ten or fifteen minutes one and a half cups of sugar, a teaspoon of butter and three-fourths cup of milk. Let stand until nearly cool, add a teaspoon of lemon juice, and beat until cool. Remove the stones from dates, fill them with cream and roll the dates in powdered sugar.

CREAM CANDY

To make cream candy take two pounds of light brown sugar, one teacup of water, two tablespoons of butter, one of vinegar and two of flavoring extract. Dissolve the sugar in the water, but do not stir it. Set it on to boil, let it boil briskly for twenty minutes, then try by dropping a spoonful into a glass of cold water. If cooked enough to pull, butter some dishes and pour it into them; when cool enough to handle, pull it until it becomes as white as cream.

LEMON BARLEY SUGAR

To make barley sugar, take one pound best loaf sugar broken up small, half-pint of water, the white of an egg, and the juice of a lemon.

Put the sugar and water into a saucepan, and let it dissolve over a moderate fire. Add the beaten white of egg when the syrup is beginning to warm, stir well, remove the scum, and boil again until clear. Add the lemon juice, strain through muslin, and boil up once more. When done, a little dropped into cold water should become brittle.

Put it on a slab and cut it into strips. Dip the hands into cold water and roll and twist the strips, and when cold, a little sifted sugar may be dusted on. Vanilla flavoring may be used instead of lemon.

LEMON GUM DROPS

Soften three tablespoons of gelatin in one-half cupful of cold water. Put three-quarters cupful of sugar into a saucepan, adding one-quarter cupful of corn syrup. Boil until the mixture makes a soft ball when dropped into cold water. Then add three tablespoonfuls of lemon juice and the softened gelatin. Cook a minute longer, then remove from the fire, strain and let stand to cool five minutes. In the meantime, sift cornstarch into a pan, making a layer one and one-half inches thick, and with the handle of a knife make impressions in the cornstarch. Into these little molds, pour the mixture and let it harden. When firm shake off the cornstarch and, after slightly softening over a steaming kettle, roll in granulated sugar.

NOUGAT

Three-eighths cup of honey, half a cup of brown sugar, one pound almonds, two egg whites. Boil the honey and sugar together until drops of the mixture hold their shape when poured into cold water. Add whites of the eggs, well beaten, and cook very slowly, stirring constantly until the mixture becomes brittle when dropped into cold water. Add the almonds, and cool under a weight. The candy can be broken into pieces, or may be cut and wrapped in waxed paper.

PEANUT BRITTLE

Two cups white corn syrup, three-quarters cup shelled peanuts, one tablespoon vinegar.

Boil syrup without stirring until it will crack when dropped in cold water. Add vinegar and stir in nuts just before removing from the fire. Pour on greased pan. Break in pieces when cool.

PEPPERMINT DROPS

To two level cups of sugar add one-half cup water, and cook until it forms a hard ball when dropped in cold water. Have ready the white of one egg, beaten stiff; pour in the sugar, beating all the time, then add one-half teaspoon of essence of peppermint. Drop by teaspoonfuls on waxed paper or other greased surface.

POPCORN BALLS

Melt one cup and a half of sugar in half a cup of molasses, one-third a cup of corn syrup and one-third a cup of boiling water; wash down the sides of the pan with the tips of the fingers or a cloth dipped in cold water, cover and let steam five minutes, then uncover and let boil, stirring as needed; add two tablespoonfuls of butter and half a teaspoonfu lof salt, mix and pour over about five quarts of hot popped corn. Mix the corn and candy thoroughly, then butter the hands and roll into balls.

CHOCOLATE POPCORN

Take two teacups of sugar, half a cup of corn starch, two ounces of chocolate and a cup of water. Put into a saucepan or kettle, and boil till the syrup hardens when put in cold water. While hot pour this syrup over four quarts of freshly popped corn, and stir well to insure a uniform coating of the kernels.

SUGARED POPCORN

Make a syrup, boiling together two teacups of sugar to one of water. Boil until the syrup strings from the spoon or hardens when dropped into cold water. Pour the syrup over six quarts of popcorn, and stir till all is coated, and separated.

PINOCHE

Two and one-half cups of brown sugar, one-half cup of cream, butter the size of an egg, one-half cup of chopped walnuts, one-half cup of chopped almonds, one teaspoon of vanilla. Boil the sugar, cream and butter together twenty minutes; add the nuts and vanilla and beat well; when smooth and creamy pour into buttered tins; when cool, cut in squares.

RAISIN CANDY

Boil over a slow fire, one pound of granulated sugar in a pint of water. Stir in one-half teaspoonful of vinegar and a lump of butter the size of an English walnut. Cook until the syrup forms a hard ball in cold water. Put a layer of seeded raisins into a buttered pan and pour over the syrup, then another layer of raisins and then more syrup until as thick as desired.

TURKISH DELIGHT

Ingredients:—Two ounces of gelatine, two pounds of sifted sugar, two teacupfuls of water, one teaspoonful of essence of lemon, the juice of one lemon, quarter of a pound of shelled walnuts, if liked. Method: Dissolve gelatine in the water in a pan over a slow fire. Add sugar, boil for twenty minutes, or till it feels sticky; add the essence, juice and walnuts, chopped roughly. Pour into a greased tin; leave it one inch thick. When quite cold and stiff, turn onto a sugared paper; cut in blocks and dust thickly with icing sugar.

MEDICINAL SWEETMEAT

One pound dates, one pound figs. The cooking fig will do. One pound prunes, one teacup senna leaves. Raisins may be added if desired. Wash prunes and figs, if the common kind are used; dry well in bright sun or in not too warm oven. Remove stones, mix and put through food chopper two or three times. Put up in sterilized jars. This will keep for a year and is splendid for constipation or disordered stomach. From a teaspoon to a dessertspoonful may be taken at bed time or before breakfast.

SULTANA FUDGE

Boil together to the soft ball stage, three cupfuls of granulated sugar, one-half cupful of milk, two cupfuls of molasses and two squares of chocolate. Remove from the fire and beat thoroughly in one-half cupful of nut meats and one-half cupful of sultana raisins. When the mixture thickens, turn out into a buttered pan and cut into squares to serve.

SUGARLESS CANDY

Put through the food chopper a quarter pound cocoanut, half pound seedless raisins, half pound dates, half pound figs, one pound shelled nuts. Add two tablespoons syrup. Form into balls, or press into pan and cut in strips with buttered knife.

CANDIED CHERRIES

Any firm cherry is adapted for this purpose; stone carefully the amount of cherries desired; soak the cherries in vinegar twenty-four hours (this makes them firm), then drain. Take equal weights of granulated sugar and cherries; thoroughly mix, then lay the mixture on platters and keep in a cool place for seven days (stir well each day); put in jars and seal. Keep in the cellar while curing.

Rule Two—Pit the cherries and lift out of juice onto platters or plates, spreading flat so as not to leave them on top of each other; place in the sun, which if very hot will cure them in four days. If the cherries are placed in oven of stove, don't have it too hot. It would be about right after cooking the dinner with no more fire added. When dry, put into a bowl with granulated sugar, stir until well covered and place in glass jars, tieing wax paper over the top.

Rule Three—Make a thick syrup and after pitting the cherries, dip them in syrup, lift out and place on plates, and then follow the above rule till the cherries are dry.

The cherries can be used exactly as one would use raisins, in making pies and cakes, or stewed for sauce for tea.

MOCK OLIVES

Select large ripe sweet cherries, pack with the stems on into jars, and to a quart jar add one teaspoon of salt, then mix equal parts of vinegar and water and fill the jars to overflowing and seal. Don't cook. They are ready for use in a few weeks, and will keep the year round.

CANDIED CRANBERRIES

For decoration candied cranberries are fully as attractive as candied cherries. Make a syrup of one cup of sugar and one-quarter cup of water. Prick carefully two cups of washed cranberries. Drop into boiling syrup and cook for five minutes. Take from fire and let stand over night. Heat again and put aside for another night. Repeat the following day, and while still hot drop the berries separately on oiled paper. Allow to dry before use.

CANDIED PLUMS

Candied plums are made from ripe fruit. Stone them and halve them and dredge them quickly with powdered sugar. Put them in a granite dish in a moderate oven for half an hour. Then lay them on plates to dry and cool.

CANDIED GRAPE FRUIT PEEL

Remove the peel in sections and cut into strips one-half inch wide. Weigh the peel and take an equal amount of sugar. Cover the peel with cold water and for every three pints of water add one tablespoon of salt. Let it stand over night and in the morning simmer until it is easily pierced with a broom straw. Never allow the water to get beyond a slow simmer. Use a wide cooking vessel. Set aside over night and drain well in the morning. Add half as much water.

The peel should lie in this rich syrup and absorb it as much as possible, therefore, it is not desirable to allow the syrup to bubble any more than possible. Simply keep it very hot. As soon as the peel looks clear set it aside to cool. When almost cool dip each piece out of the syrup with a fork and drop onto granulated sugar. Roll until covered with the sugar and arrange on waxed paper to dry. When perfectly dry store in glass jars and seal. Peel that is intended for use in puddings or cakes may be made in quarters or eighths. Do not stir the syrup at all while the peel is cooking, as this causes it to granulate.

ORANGE AND LEMON PEEL

These can be treated in the same way as grape fruit peel.

CITRON MELON CANDIED PEEL

The citron melon grown in this country is not the citron used in the peel we buy candied, and as a general rule attempts to make candied peel from the citron melon are not successful. However, the following method has been used successfully: Divide the rinds into quarters, remove some of the pith, and lay in salt and water for three days, then in fresh water for another day. Put them on to boil in cold fresh water and simmer till they feel tender on the insertion of a pin. Drain off the water, and cover the rinds with syrup made in the proportion of half a pint of cane sugar to a pint of water; boil them in this for half an hour. Again strain and cover with a syrup of double strength allowing them to boil slowly in this till

the sugar candies. It only remains now to drain the peels and dry them in a cool oven on oiled dishes.

ORANGE FLAVORING

Put the peel through the foodchopper—always removing the membranes. Place the fine-chopped peels in jars, in alternate layers, with granulated sugar. The layers should be well pressed together, or weighted. After a few days a thick, golden syrup will collect at the bottom of the jar, and this is exceedingly delicious to flavor puddings, icings, cake fillings, or a dozen other dishes.

VINEGAR MAKING

From Fruit Peelings and Juices.—Put slightly fermented fruit juices in a crock and add an equal amount of water, also the rinsings of any preserves or fruit of any kind. Cover loosely and set in a warm place. The peelings and cores of fruits may also be used and the rinsings of any jars containing molasses or syrup. If a jug or cask is used for making the vinegar invert a bottle in the opening. In a few weeks excellent vinegar will be the product. This may be strained off into bottles.

From Raisins.—Mash up five pounds of raisins and add two and one-half gallons of water; let it stand in a warm place for one month and you will have pure, white wine vinegar. The raisins may be used a second time the same way.

Cider Vinegar.—Let about two and a half gallons of new cider ferment fully, perhaps for about two weeks, then add about two gallons of new cider, and in about another two weeks, add another similar quantity. Have this in a small cask, stop the bung-hole with an empty bottle, neck down, and expose to the sun. When the vinegar is come set in a cool place. When making, there should be moderate heat and free access to the air. Cider made from late apples is considered best for vinegar.

From Brown Sugar.—Place in a crock three pounds of brown sugar, three gallons of tepid water, three slices of bread spread with yeast, putting it in yeast side down. Keep in warm place until the vinegar is ready.

TO STRENGTHEN VINEGAR

Freeze the vinegar and remove the ice which forms on the surface. It is the water of the vinegar alone that freezes, leaving the acid in solution in the remaining water.

STARTING VINEGAR PLANT

To start the vinegar "mother" leave a little vinegar in a small bottle to become stale until a film appears on the surface. This film is a species of mildew and is the first state of the vinegar plant. A few grains of coarse brown sugar added at that stage will aid the growth. When the film has attained the thickness of parchment it is ready for transfer to syrup where it soon becomes the normal

DIGITIZED BY THE INTERNET ARCHIVE



In the newest tea and cocoa sets a china tray to match is included. The creamy whiteness of the china shown here is exquisitely set off by a minute pattern, forming a band, in gold and a delicate brown.

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vinegar plant. The syrup is a mixture of boiling water, molasses, and brown sugar. Stir these together. When cool, add the film, leaving it on the surface of the syrup; cover to exclude air, and keep in a warm cupboard. In the course of six weeks or so the liquid will be changed to vinegar. The plant can now be cut into pieces, each of which, if placed upon fresh syrup will rapidly grow and change the liquid into vinegar. The vinegar should be allowed to settle and be strained before it is used.

SWEETENING RANCID BUTTER

Method No. 1.—Rancid butter may be restored to sweetness, and used for cooking, by treating it in the following way; melt the butter, stir in a very little baking soda, remove from the fire and put in a piece of toasted bread. Keep the butter for ten minutes where it will not harden, then remove the toast, and the butter will be found to be sweet.

Method No. 2.—Melt the butter in a pan, adding raw potatoes sliced thin; allow to come slowly to boiling. Let it continue cooking gently until the potatoes are brown, then take out the potatoes and let the butter become cold. Repeat the process.

Method No. 3.—Rancid butter may be greatly improved by dissolving it thoroughly in hot water; let it cool, then skim it off and churn again, adding a little good salt and sugar. A small quantity can be tried and approved of, before doing a large quantity. The water should be merely hot enough to melt the butter or it will become oily.

Method No. 4.—Take one pint of cold water in which a teaspoonful of bicarbonate of soda has been dissolved. Place the butter in this, and work with a fork until thoroughly washed. Then put the butter into another basin with the same quantity of water slightly salted, and work again for a few minutes.

FAVORITE RECIPES

(Contributed to The Family Herald Cook Book by Canadian Women of Note)

OATMEAL MACAROONS

Contributed by Miss B. M. Philp, Head, School of Household Science, Macdonald College, Que.

Half a cup shortening, one cup sugar, one egg, beaten, half a teaspoon vanilla, a quarter teaspoon nutmeg, one tablespoon flour, one teaspoon baking powder, two cups rolled oats, half a teaspoon salt (if shortening is unsalted).

Mix dry ingredients. Cream shortening and sugar, add beaten egg, dry ingredients gradually and lastly vanilla. Drop from teaspoon on greased baking sheet allowing room for spreading. Bake in moderate oven. Cool slightly before removing from tin.

FOAMY OMELET WITH CREAMED POTATOES

Contributed by Miss Eleanor M. Roach, Macdonald College, P.Q., Superintendent Province Quebec Women's Institutes.

Four eggs, half teaspoon salt, two teaspoons butter, cayenne or pepper, four tablespoons milk.

Beat the yolks of eggs until light and creamy, add the seasoning and milk; beat the whites until stiff, but not dry. Heat an omelet pan, put in butter and turn so as to butter sides and bottom. Cut and fold whites into yolks; when pan is very hot, turn in the omelet, spread evenly, then reduce heat. When the omelet is set put it into a hot oven for a few minutes to dry slightly on top, fold, garnish with parsley and serve immediately.

Creamed Potatoes, with White Sauce.—One tablespoon butter, one and-a-half tablespoons flour, one cup milk, half a teaspoon salt, pepper. Melt the butter, add the flour, salt and pepper. Mix until well blended. Add milk gradually, and cook until there is no taste of raw starch.

To the white sauce add two cups left over potatoes and heat. Place the creamed potatoes around the omelet on a platter, garnished with parsley and serve at once.

DEVIL'S FOOD CAKE

Contributed by Magistrate Emily Murphy, ("Janey Canuck") Edmonton, Alta.

Three dessertspoons cocoa, one scant teaspoon soda, one and a quarter cups flour, half a teaspoon salt, sift three times. Cream together one cup sugar and half cup (scant) butter. Beat in one egg. Add one cup sour milk (to make milk sour add one dessertspoon vinegar to milk and set in warm place for a little time), add all to sifted mixture. Bake 35 minutes in slow oven.

Stone some dates and cook to soft paste with a little water. Flavor with vanilla. Spread over cake when baked, and over this spread chocolate icing.

KENSINGTON PUDDING

Contributed by Alderman Mrs. Annie Gale, Calgary, Alberta.

Four tablespoons flour, four tablespoons black currants, two tablespoons butter. Mix with one cup milk in which a teaspoon of baking powder has been dissolved. Pour into a buttered mould and boil for two hours. Serve hot, with whipped cream.

AUNT MARY'S YORKSHIRE PUDDING

Contributed by Mrs. Laura Rose Stephen, Huntingdon, Quebec, First Government lecturer for Women's Institutes.

One pint of sweet milk, two large eggs, six ounces flour (level cup and-a-half), one level teaspoon salt. Beat eggs, add part of milk, all the flour and salt, stir free of lumps, then thin down with the rest of the milk. The batter will be about the consistency of good cream.

Put a roast of beef or lamb in the oven at the usual time; forty minutes before dinner is to be served, take meat from oven, pour

quite a little of the hot fat from it into a pan of about eight inches by twelve inches, pour in the batter, place the meat in the centre of the pan on a wire meat rack, or on some strips of heavy wire placed across the pan, or if one wishes, put the meat right into the batter. Bake in a moderate oven for half an hour, or until the pudding is a golden brown. The pudding puffs up but when taken from the oven falls. Cut in pieces, two inches by four and serve with the meat. This pudding makes a good dessert eaten with sweetened flavored cream.

DATE BARS

Contributed by Mrs. L. Chapman Duncan, Director of Home Economics, Manitoba Agricultural College, Winnipeg.

One cup sugar, one cup flour, three eggs, one cup chopped nuts, one pound dates, pinch of salt. To beaten egg yolks add sugar. Sift flour, baking powder and salt, add nuts and dates, and add to first mixture alternately with stiffly beaten egg whites. Bake on a sheet in moderate oven. Remove, cut in bars and roll in powdered sugar.

WHITE CAKE

Contributed by Mrs. Elizabeth Price, Calgary, Alberta, Publicity Secretary, Women's Institutes of Canada.

Beat the yolks of two eggs with butter size of an egg. Add slowly, one cup sugar, beating thoroughly. Mix one and three-quarters cups of flour with two teaspoons baking powder. Add alternately with three-quarters cup of milk, to first mixture, beating all the time. Then fold in beaten whites of two eggs. Bake in moderate oven twenty minutes.

CANNED STRAWBERRIES

Contributed by Miss Abbie De Lury, University of Saskatchewan, Saskatoon, Director of Homemakers' Clubs, Sask.

Wash, preferably by putting fruit in a sieve and pouring water over it. Do not let fruit stand for any length of time in water, as it extracts color and flavor. Cook below boiling point in syrup for one hour in a kettle. A syrup of one pound of sugar to two and a half cups of water is sufficiently strong, though a stronger solution is often used on account of the difficulty of keeping strawberries, The long cooking ensures their keeping and cooking below boiling point preserves color and shape.

FRUIT SHERBET

Contributed by Miss Elizabeth Nutter, Fredericton, N.B., Superintendent Women's Institutes, New Brunswick.

Three oranges, three lemons, three bananas, three cups sugar, three cups water, whites of three eggs. To the juice of oranges and lemons and pulp of bananas, add sugar, water and whites of eggs beaten stiff.

VINEGAR PUDDING

Contributed by Miss Bessie Carruthers, Charlottetown, P.E.I., Supervisor Women's Institutes, P.E.I.

One cup molasses, a quarter cup vinegar, a quarter cup sugar, nutmeg, four tablespoons flour, biscuit dough. Put molasses, sugar, vinegar, flour and nutmeg in a pan. Stir till sugar is dissolved. Bring to boiling point. Pour into a pudding dish. Lay over the top of the sauce biscuit dough. Bake twenty minutes in hot oven or till the biscuit dough is cooked. Have the sauce boiling when the biscuit dough is added or it will be soggy.

CANADIAN FRUIT CAKE

Contributed by Mrs. R. Forke, Pipestone, Manitoba, Member Provincial Advisory Board.

A quarter cup butter, one cup sugar one cup boiling water, one cup seeded raisins, cut up, one cup seedless raisins. Boil for about five minutes, cool, and add one egg, and two cups flour in which have been sifted two or three times one teaspoon soda, one teaspoon cloves, half a teaspoon nutmeg, a quarter teaspoon salt. "A very handy cake to have in the cake box for threshing time, as it keeps moist."

FAMOUS LEMON PIE

Contributed by Mrs. D. Watt, Provincial President Manitoba W. I., National Vice-President F.W.I.C.

One lemon, rind and juice, one cup granulated sugar, three tablespoons water, three eggs. Separate yolks and whites and beat separately; add yolks to juice and rind of lemon, also the water and half a cup of sugar. Cook until thick; about two minutes after it begins to boil stir constantly. Beat whites of eggs very stiff and slowly beat in other half cup of sugar. Then pour slowly, still beating, the cooked mixture, while hot, with the whites. Pour into pie shell and brown very quickly. Slow fire will cause this to become flat.

SOUTHERN BATTER BREAD

Contributed by Miss Gertrude Dutton, Winnipeg, food specialist, Department of Agriculture, Manitoba.

One cup corn meal, one cup boiling water, half a teaspoon salt, one cup boiled rice, three well beaten eggs, two teaspoons baking powder, a cup and-a-half of milk.

Scald the meal with the boiling water—add the other ingredients in order. An additional one-quarter cup of corn meal may be used instead of the cup of cooked rice. Bake in a buttered casserole, or baking dish, till a silver knife comes out clean. Serve hot from the dish in which it is baked, with meat and gravy, or with butter or with syrup.

STEAK EN CASSEROLE

Contributed by Mrs. W. S. Armitage, Sherbrooke, P.Q., Convenor Publicity Committee, W.I., Prov. Quebec.

Cut and fry one good sized onion in a little butter. Take one round of steak, sear it on both sides on a greased pan and cut into pieces for serving. Place the fried onion on bottom of casserole (or bean pot). Put one or two pieces of steak on top of this and sprinkle with flour, salt and pepper; add more pieces of steak with flour, salt and pepper until all the steak is used. Pour over it two cupfuls of boiling water, cover and simmer in a moderate oven for three hours. Then serve in casserole.

NEW RICE PUDDING

Contributed by Mrs. McBeath, Headingly, Man., Ex-member Advisory Board of Home Economics, Manitoba.

Take one-quarter pound of rice and boil in milk in a double boiler till it becomes a smooth paste. Soak one-half ounce of gelatine in cold water, and add to the rice before taking off the fire. Flavor with vanilla.

Whip up a pint of cream with one-quarter pound of sifted sugar and when the rice is cold beat into it briskly. Wet a mould and turn it in and let stand to firm. When turned out garnish with cherries or angelica. This makes a very nourishing dish and quite dainty enough for any meal.

CASSEROLE OF MEAT AND RICE

Contributed by Miss Helen J. MacDougall, Truro, Superintendent Women's Institutes, Nova Scotia.

One cup tomatoes, two teaspoons salt, one teaspoon pepper, two tablespoons fat, half a cup raw rice, one small onion, half a pound lean, raw meat, one cup water. Fry onion and rice in one-half the fat. When nicely browned turn into a casserole. Cut meat in cubes and fry in remainder of fat, turn into casserole; add water, tomatoes, salt and pepper. Cover and cook one and a half hours to two hours until rice and meat are tender.

DOUGHNUTS

Contributed by Mrs. Louise C. McKinney, Claresholm, Alberta; President Alberta Provincial Woman's Christian Temperance Union.

One cup buttermilk or sour milk, three quarters cup sour cream, (not too thick), one cup sugar, two eggs, one level teaspoon soda, a pinch of salt, and flour enough to work to a smooth dough. Roll out, cut and fry in hot fat.

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